

Pastimes



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Pastimes

Volume 3 Number 1

Fall 1983

First Things

By Lynn Hervey

Hot To Trot

By Caroline Slark

Winter Crabbing

By Scott Harding and Lisa Loving

Avast Me Hearties

By Gregg Fishman

Orphan

Fiction By Donna Thayer

Mustangs

By Eric Luchini

Shape Up!

By Julie Richardson, Timi Ross and Randy Myers

Bowling

By Erik Olson

3

4

5

6

7

8

11

16



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there's lots of living and loving ahead



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FIRST WORDS

By Lynn Hervey

There is more to fall and winter than cold weather. More than Thanksgiving or Christmas, more than finals and more than fires in the fireplace.

The year's end brings with it friends and parties, changes and pressures, hard work and relaxations, relatives and memories. And with all of this, the need for private time becomes a necessity rather than a luxury.

Private time is a concept that has become popular within the last few years. With so much time being dedicated to school, jobs, friends and family, many lose themselves in the strain and become burned-out.

Private time is when we allow ourselves the privilege of doing something for ourselves without feeling guilty — getting away from the tensions of the day and indulging in something we most enjoy doing.

There are two major rules to the private time concept. One is the privacy factor and the other is the time factor.

Privacy does not mean locking ourselves away in a closet. Privacy can be jogging on a busy street, or playing around in a neighborhood park.

Privacy does mean being alone and relaxing. It means having a chance to work out problems and planning the future without the intrusions of people and the responsibilities that come with sharing time.

One of the great things about having private time is that it is flexible. One can plan it or just make room for it when it is needed.

Setting aside a specific time is the most practical; a time after the daily obligations are out of the way.

Once that time has been set, the only thing left to do is decide how to spend it. Being outside, exercising, playing with the dog or just reading a book are just a few of the possibilities.

With Thanksgiving and Christmas coming up, plans can be made on how to spend the holidays. Gift lists can be made, handmade presents created — anything that can be done by oneself and without the pressure or tension associated with daily activities.

No matter what we decide to do, (or not to do), the most important thing is to fulfill the purpose of private time; being alone for the sole purpose of relieving tension and "re-energizing."

Once that purpose has been fulfilled, it is easier to carry on in the grind, easier to cope with the daily crises, easier to enjoy the time you share with people — knowing your personal needs are satisfied.

So face finals, relatives, friends, parties, ski slopes and everything else that goes on during the winter months, but remember to take time out for the one person who is going to get you through it.

"Horses

...riding...experience?"

"Sure," I said. "Been around the beasts all my life."

I remember clearly my definite answer to CSUS graduate Stephen Chambers' question regarding the quality of my equestrian experience.

Chambers was about to encounter me with an early morning "jog," — equivalent to a couple of loops around the Cal Expo racing track. And, for a reporter who only uses a Walkman to transcribe city council notes — who only dons sweats when all other forms of clothing are fermenting in the bottom of a laundry basket — a couple of laps down the backstretch ain't no easy task. But, alas, Chambers track slang defines a "jog" as sitting behind a sulky and holding onto a 1300-pound harness racing horse while it does the sweating.

It was a Saturday morning that the event was to go down — an *early* Saturday morning. We arrived at the Cal Expo participants gate at 6:05 a.m. and, with a flicker of a wave to the generically packaged "we-rent-everything" security guard, we were off and running.

Chambers, 27, has been "jogging" harness racing horses for years. His parents are in the ownership end of the racing business, according to Chambers, but he prefers to train — being behind the seat rather than in the stands.

Harness racing involves two different variations of the Standardbred horse.

"For the mile races there are two basic types of gait horses," said Chambers. "You have your trotters and your pacers but both are of the Standardbred breed."

Chambers, who "ran-away" to the track after high school with a "Rambler, a roll-away-bed and \$150," spent a year living and sleeping in stalls. He has been heavily involved in the harness racing industry ever since, even though his knowledge of horses was very vague at the start.

"After receiving straight A's in high school and graduating at the age of 17, I ran off to trainer Steve Desomer's stables at Bay Meadows, knowing nothing about horses except from an owner's point of view generated by my parents," said Chambers. "All I knew in high school was motorcycles, not horses."

Chambers started to train harness horses a month later after working as a groom.

"I was training on the ground in the pouring rain for a month," said Chambers. "Simply because I was too scared to get into the sulky."

I didn't blame Chambers for his hesitation in "climbing in" to the sulky (the carriage which attaches to the horse) as I watched him harness up one of the "milder" beasts. The two-wheeled apparatus which contains one very small seat that resembles a 2 x 4 to the uninitiated, looks more like a balancing act for the driver.

The stable that Chambers started at has now grown to one of the largest harness racing stables in the state of California and has provided Chambers with a two and a half year term as a second trainer.

"By the time I was 22, however, I was 'burned-out,'" said Chambers. "I was so crazy with competitiveness I knew I didn't want to train horses for a living."

This period led Chambers to CSUS to further his academic career.

"I still worked as a trainer every summer, though," said Chambers. "It's something I couldn't just give up all together."

While attending CSUS, Chambers managed to do "his share" for the University, entering the 1979 Collegiate Driving Championships held at Cal Expo.

"There were 10 schools being repres-

ented in the final race, including UC Davis and American River College," said Chambers. "The total purse amounted to \$5,000."

To many's surprise, the race was Chambers idea of a bachelor party. It took place the night before his wedding. In the final length, ironically, he was neck-to-neck with his bride-to-be who represented UC Davis. Chambers took second place in a photo finish and won \$2500 for CSUS.

"The band got some new uniforms and the child care center received a new linoleum floor," said Chambers.

Chambers' education in harness racing went with him through his four years at CSUS and even rubbed off on one of his educators; government professor Ron Fox, who now frequents the back barns of Cal Expo in the summertime.

"I had Professor Fox for a government class one semester and I had to talk to him about a term paper that wasn't going to be," said Chambers. "We met over lunch and Fox noticed a racing form inside my government book."

"I asked Steve just as a point of conversation about the racing form," said Fox. "I had gone once before not knowing what I was doing. I had never won at anything before."

Chambers invited Fox to the track and gradually he began to learn about the racing world.

"The first experience Fox had with jogging a horse," said Chambers, "was with a horse named Mr. Content. He showed a lot of natural ability with his style of driving."

Eventually, Fox became close friends with trainer Jack Olson, said Chambers.

"He eventually became a regular in the summer helping out with training," he said. "Ron is well-liked around the track and also has quick reflexes which are important in the sport."

Fox apparently has found the sport interesting and exciting and said that he enjoys the races a lot more now that he has a background in the sport.

"To go to the races to just make a 'killing' is not why I go," said Fox. "I go because I get excited about a good drive, or a good heart in a horse. Horses are a lot like people, some are gutless and others have that heart; they are also fine, precisioned animals that are not always at their peak — that makes it exciting to watch."

As Chambers and I climbed into the sulky to take that jog around the track he summed up his feeling about the harness racing industry.

"Somebody once said that the race track is the only place where one finds a millionaire asking a bum for advice. . . the race-track is the greatest equalizer for all persons."

He handed me the reins and took my notepad away as I clicked the beast into drive.

Hot To Trot

By Caroline Clark



SPECIAL TO PASTIMES

WINTER CRABBING

by Scott Harding and Lisa Loving

A GUIDE ON BOILING YOUR OWN

The fresh, buttery taste of crab has inspired epicureans for centuries. Although crab lovers may be accustomed to indulging their desires through a trip to the market or seafood restaurant, few realize how easy and exciting it can be to catch and prepare their own catch.

Winter is the beginning of open season for Dungeness, the largest to found off the Northern California coast. Soft shell crabs can be caught all year but are less prized by fishermen. This is because Dungeness have the largest amount of edible meat, which can be taken from its torso and legs. Soft shell meat is only concentrated in the legs.

There are three main ways to approach the crab: with nets, traps, or a hook and line. The general equipment required for crabbing is six or more feet of rope or fishing line, a fishhook, bucket and bait. Rope and line vary according to the method.

Ringnets are simply made of a thin rope net attached to a metal ring, which is lowered into the water and drawn up after 15 or 20 minutes. The bait must be securely tied to the bottom of the net. These nets are difficult to use for several reasons, basically, they are hard to control. They easily catch and tangle on sharp rocks. There is no way to tell whether anything is in the net and crabs don't always climb completely inside the net — falling off as it is drawn out of the water. However, ringnets are sometimes permitted in areas where pyramid traps are not.

The pyramid cage is a five-sided trap which opens into a flat, four-cornered star. The corners are attached to a thin rope which closes the trap as it is pulled out of the water. The bait is stuck on a fishhook tied to a small string which is part of the trap's main drawstring. When the crab nibbles at the bait, the drawstring is jolted — indicating that the trap has a visitor. Pyramid traps are handy to use and cheaper than ring nets to buy.

One last method of crabbing does not require any special equipment at all — just a line, hook and regular fishing net. In a rocky area, this is probably the best method. Hook the bait onto the line and drop it into the water, making sure the bait touches the bottom. When a nibble is felt, draw up the line and net the crab as soon as possible. This may not be as easy as it seems, as the crabs don't always hold onto the line until they're netted.

Crab bait can be any kind of meat, preferably raw. Fish heads and bacon are especially recommended. Fishing is best in the relatively calm water of sheltered inlets. The crab must be put in a bucket full of water from the area where it was caught and kept alive until cooked.

Good places for crabbing abound in Northern California and the southern part of Oregon. Expeditions from both land and boat are possible in this state from areas around the lower Eel River estuary (especially near Crab Park), Humboldt Bay, Trinidad, and Crescent Harbor. In southern Oregon, areas near Brookings, Port Orford, Coos Bay, and especially Waldport and Siletz Bay offer good fishing and beautiful landscapes.

Crabbing is a good excuse for an unusual vacation — a winter at the beach. The Northern California coast is considered by many to have the most beautiful beaches in the state. The wild, rocky coast of Oregon offers breathtaking views of the ocean as well as a rustic commercial fishing industry.

A winter crabbing trip can provide delectable "munchies" and attractive seascapes, but travellers should come well-prepared for the cold, wet weather. Many state and private campgrounds are open for the winter and many of the hotels and motels are within a student's budget. For information on lodging, fishing rules and regulations in Southern Oregon contact the following: Brookings Chamber of Commerce, P.O. Box 940, Brookings, 97415; Port Orford Chamber of Commerce, P.O. Box 637, Port Orford 97465; Coos Bay Chamber of Commerce, 50 East Central Ave., Coos Bay

97420; or North Bend Chamber of Commerce, P.O. Box 220, North Bend 97459. In California, this information can be obtained from the Parks and Recreation Department, P.O. Box 2390, Sacramento 95811.

Cooking the crab is one of the most important parts of the entire operation. For some, it takes an extraordinary amount of nerve. The first step is to place the live crab into rapidly boiling water mixed with two tablespoons of salt to each quart. Cover and boil the crab quickly for 10 minutes, then gently for 10 more minutes. After the dirty work is done, all that's left are the final preparations for getting down to the real point of crabbing in the first place — eating.

Mayonnaise, melted garlic butter and spiced tomato sauce are all time-honored accompaniments to crab. It can also be eaten in sandwiches, salads, and as a stuffing for other seafoods. Below are some gourmet recipes for hard-core crab lovers.

CRAB GUMBO

- ½ pound crabmeat
- ½ cup chopped onion
- ½ cup chopped celery
- 1 clove garlic, finely chopped
- ½ cup butter, melted
- 2 teaspoons salt
- ¼ crushed whole thyme
- ½ teaspoon sugar
- 1 whole bay leaf
- 10 ounces okra, sliced
- 2 20 ounce cans of tomatoes
- 1½ cups cooked rice

Remove any shell or cartilage from crabmeat. Cook celery, onion and garlic in butter until tender. Add seasonings, okra and tomatoes. Cover and simmer for 45 minutes. Remove bay leaf. Add crabmeat; heat. Serve over rice. Serves six people.

CRAB CIOPPINO

- 3 or 4 tomatoes, finely chopped
- 3 tablespoons olive oil
- 2 garlic buds, minced
- 4 onion, chopped
- 3 tablespoons parmesian cheese
- 2 bay leaves
- 1 tablespoon oregano
- 1 tablespoon rosemary
- 1 tablespoon chili powder (optional)
- 3 cracked crabs, either with shell or without
- a generous splash of white, dry wine

Saute garlic and onion in olive oil until golden brown. Add parmesian cheese and mix well. Add tomatoes, herbs and seasoning. Stir well and simmer for 3 to 4 hours over a low fire. Add crab and continue to simmer for 20 minutes and splash in wine. Serves five people.

CRAB VICTORIA

- 2 cups flaked crabmeat
- 3 tablespoons butter
- 3 tablespoons flour
- 1 cup canned chicken broth
- ½ cup cream
- 8 ounces of cheddar cheese, diced
- 4 ounces sliced mushrooms
- 3 tablespoons sherry

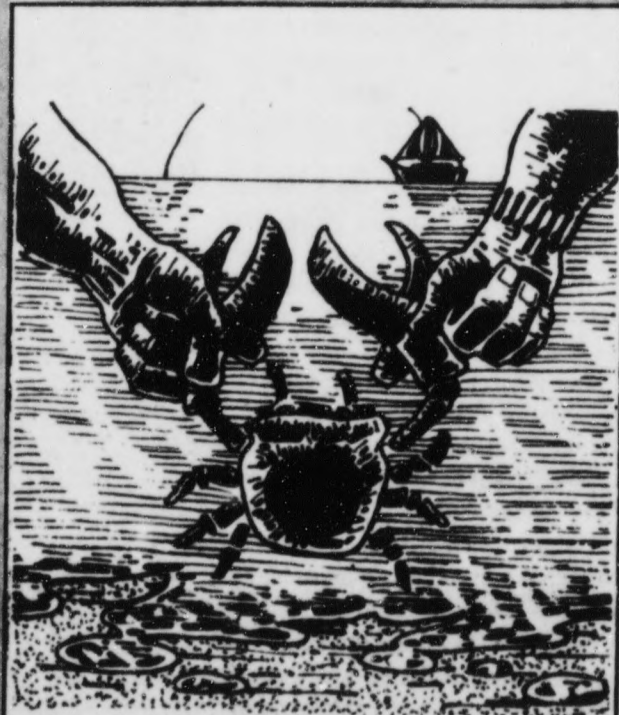
Melt butter in top of double boiler. Stir in flour and gradually add stock and cream. Cook, stirring constantly until thick. Remove from heat and set over hot water.

Add cheese and stir until cheese is melted. Add mushrooms, sherry, seasonings and crabmeat. Let stand over hot water until serving time. Serve on noodles or toast. Serves six people.

SPAGHETTI AND CRABMEAT

- ¼ cup olive oil
- 1 teaspoon chopped garlic
- 1 cup chopped onions
- 1 teaspoon chopped parsley
- 1 teaspoon chopped celery
- 1 cup solid pack tomato sauce
- grated parmesian cheese
- ¼ cup sherry
- 1 teaspoon black pepper
- 2 teaspoons salt
- ½ teaspoon paprika
- 1½ cup water
- 1 pound fresh crabmeat
- 2 pound spaghetti

Saute onion, celery, garlic, and parsley in oil until golden brown. Add tomatoes, tomato sauce, water and seasoning. Simmer over low flame for one hour. Add crabmeat and wine and simmer for 10 minutes. Cook and drain spaghetti and add to sauce. Place on serving platter and top with generous sprinkling of parmesian cheese. Serves five or six people.





Avast Me Hearties!

Swasbuckling it's not, but rowing is growing

By Gregg Fishman

The *Keptight* is an old cantankerous bitch of a boat that was purchased from another school for \$500. She is 65 feet of varnished wood whose riggers are pitted and scaled from too much ocean rowing and not enough care. Her equipment — the oarlocks, the stretchers (where your feet go) and the seats — are equally decrepit. There is an ugly patch mark on her bottom side near the skeg (the fin) where she was dropped a while back. If the *Keptight* were a woman she would have varicose veins.

"Hands on the *Keptight*!" the coxswain bellows. "Ready to waist...ready up...ready overhead...ready up...split to a side...ready to your shoulders...ready down. Now let's walk the boat down to the dock."

So begins another session of the newly formed campus rowing club. After only a few weeks of practice, the routine is setting in. The CSUS Aquatic Center is now as familiar as my own home. I am intimate with a variety of things that only a short time ago were strange and alien.

The feel of a rough wooden oar handle between my hands and the sliding seat beneath me are now everyday things. The bellowing voice of the coxswain (pronounced *cox'un*) and the sun setting low through the haze over Lake Natoma are also daily occurrences. I am now an oarsman. A lousy oarsman to be sure, but I have joined a fraternity of men and women for whom the power, rhythm and grace of the sport is more important than many things previously held sacred.

Rowing is just those three things — power, rhythm, and grace — blended together to push a 65-foot boat through the

water at incredible speeds, for incredible distances. Eight men or women must work in harmony with themselves, each other and the oar to propel the boat — the shell — faster than the other eight people in the boat next to them. It is this competition that spurs some of the team to arrive at the lake long before it is light each morning and row until the sun comes up. The rest of the team is on water just as that day's sun in retreating behind the layers of rice smoke in the valley. We row, we practice, we train to become better than we were the day before.

Rowing is just those three things — power, rhythm, and grace

It is an amazing thing to be out on the lake as the sun is setting. The creak of the oarlocks, the splash of the blades, and the coxswain exhorting you towards perfection are the only things that remind you of where you actually are. The scenery as well as the sport itself harkens back to a primordial time when some slightly advanced cave-dweller paddled a log across a lagoon with a flat stick. Rowing is a primitive sport that erases all knowledge of engines and motors. It is you, just you, that provides the power to move that boat. It was awesome before Dat-sun knew A to Z.

The *Keptight* is the boat we row for

practice. Built in the old style, with a double hull, she is twice as heavy as the new. The better to build your rowing muscles with, *me hearties*.

In the water, the *Keptight* is OK. Laden with her compliment of eight men and oars, she still rides fairly high in the water. She is old, she is cantankerous and she is a bitch, but her memory goes back to the days at Berkeley when she was as young and strong as the men who rowed her then. The vestiges of dignity linger on the woman with varicose veins.

The practice begins with a few short strokes to clear the dock and then warm-up strokes — using your arms and back only. As the eight of us fall into rhythm, the coxswain increases our tempo until we are using the full advantage of the sliding seat — propelling the boat with our legs as well. It's a long row tonight, and we're two miles up the lake before the order is given to "weight enough" — or stop. The coach makes a quick critique of our performance then explains a new drill we will practice on the way back to the dock.

Until this time we have been leaving our oars on the water as we recover from a stroke. This helps balance the boat. Today we will "fly the oars," or recover with the blades in the air. This reduces the resistance of the boat in the water.

We begin our return to the dock and the boat is tipping like a drunken sailor. We just can't find that balance point. Then, as if we have been able to all along, we are in perfect form. The boat is steady in the water. All the oars are swinging together and the boat is moving unheeded through the water.

Then comes the command we have

waited for: "In three strokes, increase to half strength. Three-two-one now...half strength."



As we increase the pull on our oars, the *Keptight* displays new vitality. It is as if she feeds on the strength we impart to her oars.

Then... "In three strokes increase to full power. Three-two-one...now full power."

The feeling is incredible as eight men and women strain with the largest muscles of their bodies — the quadriceps in the upper thigh — to pull the oar harder and faster. The boat is alive now with the power we have expended through her. Her nose raises imperceptibly. She comes out of the water and travels almost on top of the surface.

With each new thrust of power through your legs and arms the 12-foot oar flexes your hands. At the end of the stroke it is a fight to slow down on the slide because the stroke felt so good, so perfect, you want to do it again and again. You can hear the breath of the man behind you. Beads of sweat appear on the neck of the man in front, and you know that similar beads are forming on your own neck. The boat, moving as fast under your power as it could with the help of an engine.

That is what rowing is all about. That is the beauty and the power of the sport. That is what keeps us coming back. That is what makes an ordinary student forsake his social life and his studies. Rowing is the epitome of the power and the glory of being a functioning human. It is the quintessential consummate proof that you are alive.

It was noon. Victor could tell.

He could tell by the thickness of the summer air hanging heavy, quilt-like above his throbbing head. And by the blaring drone of that damned soap opera coming all the way across the parched and yellow front lawn from old Lady Finnerty's next door. Yeah, you could always tell time by what that woman was watching on the tube, he thought.

He could tell by the cold sweat which bathes his alcohol-ridden body in salty wetness. The clammy stickiness had become, for Victor, the trademark of a night spent like so many other nights, with too much beer, too much weed and, almost always, too much five a.m. philosophy of unanswered questions and broken juvenile dreams. Watching the sun rise over the Cascades through bleary, red filters was a familiar shot he screened again and again without learning.

Victor was 19 years old but had been, for years now, an old man. His had been a childhood of uncertainty: parents too entwined in drunkenness and self-destruction to see what Victor saw every day. It had been a world in which there was easy money in stealing tires and stereos. He had learned early — before most kids learned that saying words like "damn" and "hell" brought Mommy's attention or that taking trinkets from dime stores caused waves of parental concern — that only one person was looking out for Victor, and that was Victor.

Victor reveled in telling buddies and those 15-year-old tenniboppers, who wore too much eye makeup and no bras always seemed to be around and available, that he was a "loner." Sometimes, if he wanted raised eyebrows and especially startled looks, he used the word "orphan." "Yeah, I've always been kind of a loner," he'd say. Somehow, he could make those coal black eyes of his come alive with the excitement, the adventure of it — of eliciting pity with lies, or at least half-truths.

That was another thing Victor had learned early on: he could pull that guilt-edged charm out, like a comb from his back pocket, and use it — use it to get sympathy or kind words or girls into bed. Somehow, the dark features and child-like grin which revealed him to be partly Spanish, partly Italian, almost always got him what he wanted. Which usually was nothing more than a good time. Or weed. Or sex.

But, right now, Victor had to move, had to put on a brown polyester uniform and get to work. He was proud of the fact that he was a good worker ("I work hard. That's just how I was raised," he once told a girl). It was, in fact, a part of his personality that was strong and real and true. Victor was a coffee shop waiter who had been promoted to the position when he proved he could handle a job filled with much unnecessary pressure and, maybe a good day, fifty bucks in tips and the phone number of a young secretary or government worker on whom he had waited at lunchtime.

He had to be a work by two-thirty. He had to hurry.

Victor's tongue, thick and dry, felt like shoe leather in his mouth. Talking would indeed be one colossal effort today, he thought. He pushed back soiled sheets and sat up. Catching his hungover body off-guard, he sank back into the dirty pillow and searched his anesthetized mind: how much had he drunk the night before? Could it have been enough to make him feel this groggy, this deadened? He'd

ORPHAN

Superficiality Was So Much Simpler



BILL STANCIK

always taken pride in his ability to hold his booze, to maintain. So, he'd maintain now. He'd ignore the throbbing temples and the sweaty palms and the jitters which made him grit his teeth and reach out for the wall for balance as he dragged himself to the bathroom.

There had been a time, or at least it seemed so, when Victor had had some half-baked ideas of what he'd wanted in life. But that was before the fun of playing hooky from high school classes caught him

bathroom sink. His lefty hadn't held the razor which cleared the stubble from his chin. The blue bull's head tattooed on his left shoulder caught his eye and made him remember.

He could barely recall the day he and few of his buddies had cut U.S. government class during their junior year and gone downtown tattoo parlor to have their sinewy left shoulders emblazoned with the bull's head. "We drank straight Jack Daniels before going to get the tattoos," he would say later. "I had to go to work after, and one of the waiters started telling me that tattoos were sinful. I almost cried I felt so bad," he said.

Victor hurriedly put on the wrinkled uniform laying in a heap on the dusty hardwood floor. He glanced over his shoulder and caught a last glimpse of himself as he reached for the keys to his "baby," his cherry-red '68 Camaro parked outside. When Victor looked into the mirror, perhaps he saw a tired little boy who was trying to mask fear with bravado. Or a macho teenager on the prowl, hunting for the ultimate in cheap thrills. Or maybe he saw a man who was sorry he'd shrugged off that high school diploma and that girl with the flashing blue eyes so easily, so carelessly.

And perhaps Victor didn't see any of those people at all. Maybe he saw the Air Force recruit he sometimes talked of becoming. "Yeah, man, my brother joined, man. Why shouldn't I?" he'd ask.

But now Victor had to get to work, to keep his job and "play the game," as he called it. He climbed into his "baby" and instantly felt the power the car always gave him. Nothing could touch him now, he thought. He backed out of the rutted driveway to cruise the five miles, by freeway, to work, to another party, forever in search of the ultimate cheap thrill.

Fiction by Donna Thayer

three units short of diploma. And that was before he'd walked away from a girl who said she'd loved him, a girl with flashing blue eyes and a deep concern for this guy she described as "crazy, but really sensitive." What had seemed to be security in that relationship for Victor had begun to scare him, although he would be the last person to admit it.

So, Victor chose, instead of emotion, superficial sex with superficial people. Superficiality was so much safer.

The dreams had all gone away and now he had his car, the rented house he shared with a couple buddies and the ever-present promise of another party, more beer, better weed.

It was nearing 2 p.m. The shower had washed away some of the stench of last night's fun and he stood now, shaving the angular face that stared back at him in the cracked and cloudy mirror above the

Where else, but in America, would anyone be able to find something as personally expressive as a gold Pony?"

What is a gold Pony? Is it of any relation to the much sought after Maltese Falcon?

Certainly not, but it is very much sought after. Gold Ponies are the original line of Ford Mustangs, known to the world as the first "Pony cars."

Pony cars, by general definition, are a breed of personal sports cars designed sleek and fast to appeal to a younger generation. Other Ponies have included the Camaro, Firebird and Cougar. The first Ponies — the Mustangs — are the most *golden* due to the appreciation of their original 1964 sticker price.

The vintage Mustang years are 1964½ (they were introduced halfway through the model year) to 1966. The most highly sought after models are the Coupe, Convertible, 2 + 2 Fastback and the GT (Gran Turismo).

Of all the classic cars on the road, the Mustangs are the greatest in number. That does not seem too hard to believe, especially since they broke all sales records in their first year. In fact, the mass hysteria over Mustangs began scarcely two months after "Beatlemania" first hit American shores.

There are several tales that have been established in American car history that deal solely with the Mustang. Days before the official sales date, *Life*, *Look*, *Esquire*, *U.S. News and World Report* and the *Wall Street Journal* all carried large feature articles on the car. The day it was unveiled, every Ford dealer who carried the car was swamped with hordes of people. At one dealership, the last Mustang on the lot had to be auctioned off because so many people wanted to buy it. In less than two years, over one million Mustangs were sold.

There are actually several reasons for the current market value of the classic Mustangs. Lee Iacocca, the man responsible for the emergence of the car, wanted something designed especially for the teenage driver. Most cars of the time were large and family oriented. For those young drivers who have since grown up, the cars hold many fond memories, and the owners refuse to part with them in lieu of buying a new car.

Another factor is the car's reliability. It is undoubtedly one of the finest automobiles

ever produced, and it is relatively easy to maintain and repair. Overall, it is less expensive to keep in shape than a new car. Most owners have little trouble in restoring the car to its original performance and decor.

The last, and possibly the most important reason for its collectability, is its almost (for 1964) unheard of option list. The prospective Mustang owner was offered the chance to design his own dream car. The dealer list contained approximately 50 various options — ranging from front disc brakes to exquisitely trimmed wheel covers. Rarely did two Mustangs look exactly alike.

Even today Mustangs are one of the most identifiable vehicles. Anyone happening to see one driving past knows that it is a Mustang. They may not know the year, but they definitely know the breed. This brings up the subject of restoration.

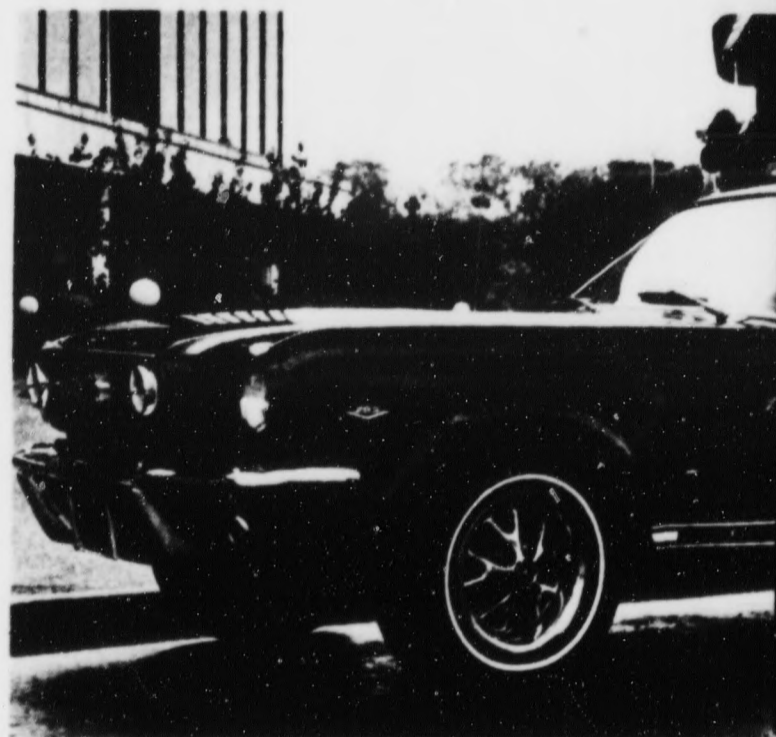
As in the business of antiques, cars can also be restored to their original form. Restoring Mustangs has become quite a business in itself. Several shops around town: Sacramento Mustang, the Ford Store and American Mustang Parts, specialize in refurbishing, customizing, and parts retailing for the Ponies. They are not cheap, but they are professional.

Many owners prefer to do the bulk of the restoration themselves to save money and have fun. It can be done outdoors or in a clean, spacious garage. Wherever it's done, however, the bottom line is the extent of the restoration depends entirely on the present shape of the car and how much money is willing to be put into it.

In choosing a good candidate for the restoration, several items should be taken into account. One is the amount of rust corrosion. Light or surface rust can usually be totally removed. If serious rusting is uncovered, the majority of it may be removed, but it can never be stopped or completely controlled. It will keep on growing and eventually eat a hole right through the metal. Exterior and interior panels should be closely inspected.

A second important item is the car's past history. If it has been in a major collision the frame is most likely crooked. Even if it is straightened professionally, the car will never look quite right. The alignment of the hood and doors should be checked.

Several procedures should best be left to



MUST RESTORING AN AMER

professionals. Major engine overhauls, transmission repairs and suspension faults are most easily taken care of by competent mechanics. And all mechanical problems should be taken care of before any body work is done.

All body work and painting should be done by a shop. Once there, the old paint should be sanded down to the bare metal, and all dents removed. After this, the metal should be sealed and primed then sprayed with acrylic enamel paint. This type of paint takes fewer coats and outlasts conventional lacquer.

The detailing work can be done by the owner, however, with moderate cost, elbow grease and, hopefully, with enormous patience. The biggest handicap to restoring any older car is that they are *old*. Nuts and bolts are often rusted on or worn down and new parts may not fit as snugly (or too snugly) against worn components. Also, it isn't uncommon that, after alleviating one problem, new ones spring up.

After all the mechanical problems are corrected and the exterior is painted, it is time to do the nit-picking; arguably the most important part of the restoration: exacting the options and interior.

The exterior details are not many, but they are important. The bumpers and window-stripping should be re-chromed. New emblems and ornaments should be installed along with new tail light assemblies (the Mustang trademark). Wheel covers are optional. If the old ones look fine, keep them. Just make sure there are *four*.

The interior requires the most patience and time. Usually, the paint on the doors, panels and dash is faded and must be repainted. They should be sanded and primed then given several coats of a matching spray paint. Instrument panels, dash pads and armrests can be purchased new if the old ones are not salvagable. New seat



Slope Scope



National Handicapped Ski Champion Brad Hudiburg

Pastimes

'83-'84 Looks Very Wet And White Again

Snow! Snow! Snow! Without it there would be no skiing and probably no California as we know it since the deep Sierra snowpack provides much of the state's water supply.

The snowfall in the Sierra-Nevada Mountains is about the heaviest in North America. Mean annual snowfall averages from 100 to more than 400 inches of the white stuff in the Sierras. That amount is exceeded only in Washington's Cascades where normal mean snowfall is more than 400 inches annually according to the U.S. Environmental Data Service Climatic Atlas of the United States.

Accumulations, of course, vary year to year. Last winter's snow accumulation broke records at many locations. At Lake Tahoe's Sugar Bowl ski resort an astounding 896 inches—nearly 75 feet—of snow fell, breaking the previous record of less than 800 inches set during the 1951-52 season.

Snowfall during drought winters can be quite scanty though. From January through March, 1977, during the state's driest winter of the century, 67.5 inches of snow fell at Donner Memorial State Park (elevation 5,957 feet) on Interstate 80 compared to 132.4 inches of the same period this year.

But a look at some Sierra Ski areas shows that average snowfall is nothing to sneeze about. Alpine Meadows receives 450 inches annually. Soda Springs receives about 400 inches. Heavenly Valley gets anywhere from 300 to 500 inches of snow during a normal winter. Sierra Ski Ranch rivals Heavenly Valley with 450-500 inches per winter.

Sugar Bowl is buried under 400 to 500 inches a winter and Squaw Valley averages 350 inches. However, 52 feet of snow fell in the Siberia Bowl of Squaw Valley last winter. Some ski areas do not receive such impressive amounts. Mt. Rose gets a modest 200 inches per winter and Tahoe Donner averages a meager six to 12 feet in the middle of its bowl.

The immense amounts of Sierra snowfall can cause more harm than good as witnessed by the Alpine Meadows avalanche tragedy in April 1982. Basically, there are two kinds of avalanches.

Loose snow avalanches happen when snow builds up at a steeper angle than it is naturally supposed to. The accumulation becomes unbalanced and just the smallest disturbance can set off a chain reaction traveling downhill increasing the avalanche's size. Wet snow in the spring is often involved in this kind of avalanche.

A slab avalanche occurs in any kind of snow and is caused by a block of snow

becoming stressed and tense. Once the tension is released by a "trigger," either inside or outside the block of snow, the slab moves downhill leaving behind a clear line of separation.

Sierra ski resorts use five methods in controlling avalanches. Protective skiing is a method used to deliberately disturb snow on a probable avalanche slope. Test skiing is used to set off avalanches on certain small slopes by skiers.

Explosives are the only means available to tell whether hard slab snow conditions occur. Rockets containing explosives are fired onto large slope areas to identify unstable sections and curtail hazards. Hand-placed charges are used to control slope avalanches and 75mm and 105mm recoilless rifles, and 75mm howitzers are used like explosives for avalanche control.

As if avalanches are not bad enough to put up with, Mother Nature's winter fury has also made driving to the ski resorts something of a precarious trip. Landslides blocked Highway 50 several times last winter including a massive slide that blocked the route for weeks during the spring.

Several erosion control projects are (or will be) underway along Highway 50 according to Pat Miller of the Caltrans public affairs office.

Storm damage repair is occurring both east and west of Kyburz at a cost of almost \$402,000. Near Pollock Pines an intercepting trench on the uphill side of the road is being built to drain moisture away from the highway. Drainage is being improved about 25 miles east of Placerville at a cost of nearly \$140,000. Another project at about the same area will involve restoring the embankment and removing potential slide material as well as improving drainage. That project has not started and neither has a job three miles east of Kyburz to repair a "slip-out" in the road.

How much snow will fall in the mountains and rain here in the valley is a question unanswered until next spring. The National Weather Service (NWS) gives no 90-day precipitation outlook as they do with temperatures according to Norman Benes of the Sacramento NWS office.

One climatologist told *The Sacramento Bee* in September this winter will be wetter than usual with rainfall and snowfall measuring 150 percent of normal. J. Marvin Dodge said Sacramento will be drenched with over 27 inches of rain, 10 inches more than normal but 10 inches below last season's record 37.49 inches.

The El Nino effect which involved a warming of the Pacific Ocean currents was blamed for much of last winter's record rains and snows as well as much "freaky" weather has dissipated in strength. "The literature I've seen is that the effect is definitely decreasing in strength," said Benes.

by Tim Blake

A Column For Those Who Picked This Up By Mistake

By Cynthia Fulton

No, I'm not looking forward to winter, the time of year that turns perfectly normal people into mogul-maniacs.

Yes, I'm one of those deprived few that have never had the displeasure of learning how to snow ski. Yes, I know that I don't know what I'm missing. No, I don't ever want to find out.

I spent the first half of my life in an area where snow skiing is virtually nil. See, the Mississippi Delta area is flatter than Sacramento. And it snows less.

By the time I moved to California, my schoolmates were sleuths at the slopes. Their parents took them to Tahoe in the winter, which was a mystery to me since we always went in the summer. Why, I asked myself, would anyone want to go there in the winter when it was too cold to swim or sunbathe? Maybe "snow blind" meant that they were blind to the fact that it was snowing up there. I pretty much ignored the ski stories and waited for baseball season to start again.

In high school, snow skiing was real trendy. Conversation centered primarily on the price of powder pants. I was usually quiet during these lengthy discourses until one day—when I couldn't stand it anymore—I broke down and asked, "What the hell is a mogul?" The ski bums and bunnies really got a kick out of that one.

It's real hard to get excited about something that I know I won't be good at the first (and second and maybe third) time I try it. It's more difficult when all of my friends are near-pros.

I know there's only one way to become competent at something. Practice. I also know there's a first time for everything. Nearly all of the "first time" stories I've heard go like this: "We got there. It was cold. My friends, after setting me up with a ski instructor and equipment, headed off for an afternoon of exciting jumps and tummy-warming Peppermint Schnapps. My instructor was like a drill sergeant and it was boot camp. I fell down, got up, cried, got snot all over my friend's ski jacket and flailed myself into inhuman contortionist positions. All this time, there were these six and seven-year-old kids who graduated from the bunny slopes in no time and were looking forward to the '84 Winter Olympics."

I know that my first time would be even worse. I just know it.

Lincoln Law School

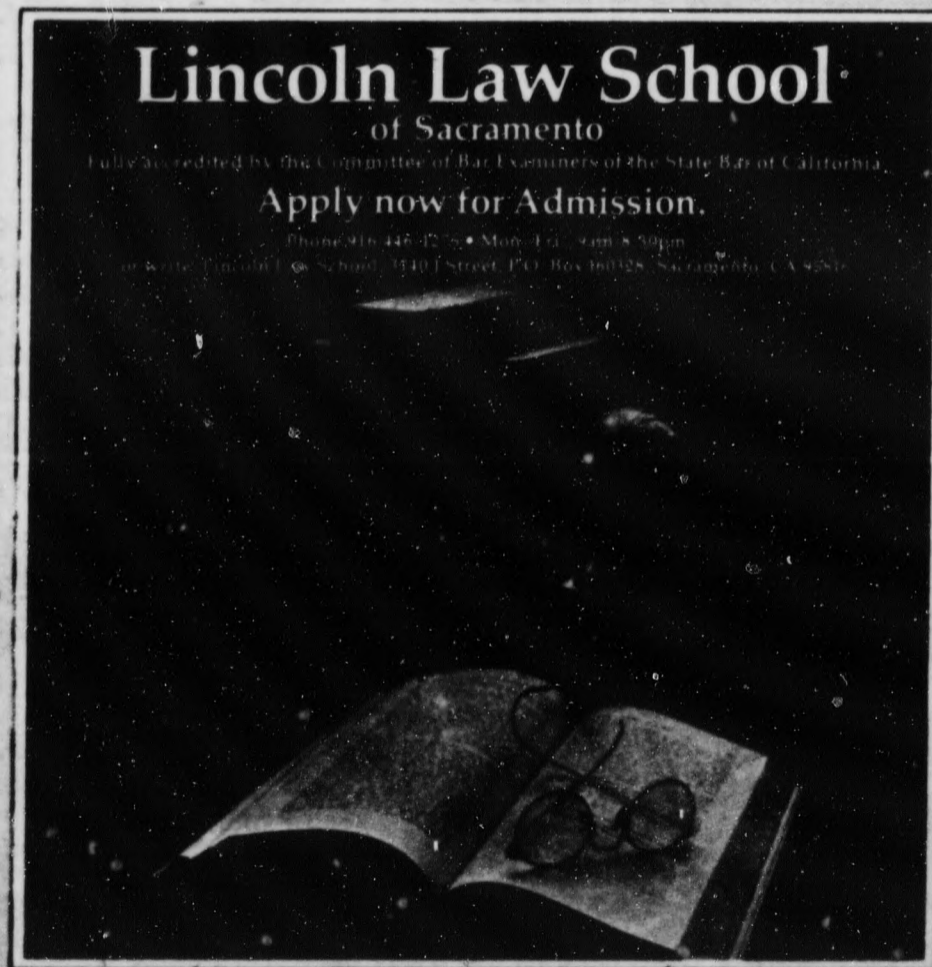
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Downhill to the Gold

M A R C I A D O N N E N W I R T H

Imagine dragging yourself out of bed at six in the morning, driving 100 miles into the mountains, bundling up in layer upon layer of wool and down, dragging your weary body and about 25 pounds of equipment onto the hill. Then you buckle yourself into lead-like boots, and bind yourself onto two long, awkward boards. You're about to go downhill skiing.

Once you're on the hill you struggle to get up after your first fall. You push and lean every way possible. Now imagine trying to do all this with only one arm and one leg. 25-year-old Brad Hudiburg knows how difficult this can be. Hudiburg is a double amputee. He lost his left arm above the elbow and his left leg just below the knee in a motorcycle accident when he was 18 years old. He now skies on only one ski and uses an outrigger — a forearm crutch with a mini-ski on the bottom — on his left arm.

Hudiburg learned to ski with the help of the Northern California chapter of the National Handicapped Ski and Recreation Association. NHSRA provides instruction by skiers who are handicapped themselves.

Hudiburg first heard about NHSRA from a friend in Bakersfield. "He told me

about the program on a Friday night and the next morning someone from Sacramento called me and set up a day for me to go skiing," said Hudiburg.

That was five years ago. He drove up from Bakersfield to Boreal ski resort just to try the sport. "It had been about a year and a half since my wreck so I didn't have much strength yet. I could barely even get up. All I did was drive up there and try to stand up. I got tired and then drove back to Bakersfield," he said.

That trip didn't stop Hudiburg from trying. He went back to challenge the slopes three more times that year.

Perhaps his biggest challenge is yet to come. This January Hudiburg will represent the United States in the Third World Winter Games for the Disabled in Austria. He was selected to be a member of the U.S. ski team at last year's National Handicapped Ski Championships and Winter-festival. He will be competing against 30 other nations in the slalom, giant slalom, and downhill events.

Hudiburg has been training on a conveyor belt-type ramp at Baron's ski shop. "Skiing at Baron's is getting my leg in shape so when I get on the snow it won't

take me long to get back into it," he said.

He also has been working out at a local health club, and he plays an occasional game of racquetball.

Before Hudiburg heads to Austria, the Northern California chapter of NHSRA has to raise \$2,500 to send him. "That's about half of what it really costs, but the racing team raised the rest of the money. The Northern California chapter of NHSRA would like to be able to raise the other \$2,500," he said.

The organization is currently planning a fun-run in conjunction with the ROTC, and a Snow Ball to be held at Birdcage Walk December 3 to raise money for Hudiburg and to support their winter program.

If NHSRA can't raise all the money Hudiburg will be responsible for the rest. "They'd like to raise the money for the whole thing, but things are tight."

Besides training at Baron's, Hudiburg hopes to go skiing at least 15 times before the January 13 Winter Games. He has a pass at Squaw Valley this season and he will be skiing on the weekends with the

NHSRA's ski school at Alpine Meadows. He'll also be attending a week-long training camp in December. Of all the training, he said, "I just don't want to burn myself out before I get there."

Hudiburg estimates that about 700 skiers will be participating in the Winter Games. The classes vary in size because they are divided up by age, sex, and disability. "Someone who is missing an arm and a leg won't be racing against someone who's just missing a leg," he commented. His class will probably be rather small since they're aren't very many double amputees competing.

This is the first time the Winter Games will be officially recognized by both the U.S. Olympic Committee and the International Olympic Committee.

Besides being a competitive alpine skier, Hudiburg is an accomplished water skier. The NHSRA complimented him on that by choosing a picture of him water skiing for the cover of their national brochure.

Hudiburg smiles as he talks about the up-and-coming Winter Games. He stands a good chance of doing well. But whether or not he brings home a gold medal he's happy just to go. More than anything he just wants to know he tried.



"There it is, we made it!" "What? to KT-22?"

Tahoe Ski

ALPINE MEADOWS

Lift Rates: \$22 (all-day); \$15 (afternoon).
Facilities: (open 9 a.m. - 4 p.m.) 10 double chairs, two pomas and one T-bar serving 2,000 skiable acres with some 50 miles of runs (the longest being 2½ miles).
Difficulty Ratings: 25% novice; 40% intermediate; 35% advanced/expert.
Package Rentals: \$14.50 (all-day); \$10.50 (afternoon).
Phones: 583-6914 (sno-fone); 583-4232 (office).
Directions: I-80 east to Truckee, HWY 89 south to Alpine Meadows Rd.

BOREAL

Lift Rates: \$14 (9 a.m. - 10 p.m.); \$8 (9 a.m. - 1:30 p.m.); \$10 (1:30 p.m. - 10 p.m.); \$7 (4:30 p.m. - 10 p.m.); \$8 (beginner- 9 a.m. - 10 p.m.).
Facilities: (open 9 a.m. - 10 p.m.) 300 acres with eight double chairs and one triple chair.
Difficulty Ratings: 30% novice; 60% intermediate; 10% advanced/expert.
Package Rentals: \$12.50 (9 a.m. - 10 p.m.); \$9 (9 a.m. - 1:30 p.m.); \$10 (1:30 p.m. - 10 p.m.); \$9 (4:30 p.m. - 10 p.m.).
Phones: 426-FONE (sno-fone); 426-3666 (office).
Directions: I-80 east to Boreal exit.

DEER PARK

Lift Rates: \$15 (all-day); \$13 weekdays; \$8 (afternoon); \$8 (students — all day — with I.D.).
Facilities: (open 9 a.m. - 4 p.m.) 13 runs serviced by one triple chair and two surface lifts.
Difficulty Ratings: 20% novice; 40% intermediate; 40% advanced/expert.
Package Rentals: Not available at press time.
Phones: 583-7230 (sno-fone); 582-7236 (office).

Directions: I-80 east to Truckee, HWY 89 to Alpine Meadows Rd.

DONNER SKI RANCH

Lift Rates: \$14 (all-day weekend); \$10 (all-day midweek).
Facilities: (open 9 a.m. - 4 p.m.) Three double chairs and one poma giving access to 30 runs over 300 acres of skiable terrain.
Difficulty Ratings: 33% novice, intermediate, advanced each.
Package Rentals: \$10 (all-day weekends); \$8 (midweek).
Phones: 426-3635.
Directions: I-80 east to Soda Springs/-Norden exit. Three miles east of Soda Springs.

ECHO SUMMIT

Lift Rates: \$12.75 (all-day); \$10 (half day — beginning/ending at 12:30 p.m.); \$10 (rope tow only).
Facilities: (open 9 a.m. - 4 p.m.) Two double chairs and one surface lift.
Difficulty Ratings: 40% novice; 40% intermediate; 20% advanced/expert.
Package Rentals: \$13 (all-day); \$9 (half-day).
Phones: 659-SNOW (sno-fone); 659-7154 (office).
Directions: HWY 50 east to Echo Summit.

HEAVENLY VALLEY

Lift Rates: \$22 (all-day); \$14 (afternoon — begins at 1 p.m.).
Facilities: (open 9 a.m. - 4 p.m.) Four triple chairs, 12 double chairs, a tram, three pomas and six Miti-Mites provide access to the 20 square miles of skiable terrain. Helicopter skiing is available as well.
Difficulty Ratings: 25% novice; 50% intermediate; 25% advanced/expert.
Package Rentals: \$12 (all-day only).

This winter, skiers are likely to be in for a lot of surprises at their favorite ski resort. Almost every resort in Tahoe has added a new run or two if not a new double chair. Some resorts have replaced their double chairs with triples and a couple resorts have even replaced their gondolas.

All this means that the ski resorts are doing their best to keep skiers happy by keeping the lines and the waiting to a minimum and by making the rides as comfortable as possible.

Day lodges have been expanded as have parking lots and nearby lodging for over night guests.

And the best news is that very few resorts have raised their prices for lift tickets to cover the improvements.

Here is a list of the more substantial changes:

Alpine Meadows: This summer Alpine Meadows completed their back-up auxiliary power system. Last Christmas, Alpine's back-up power enabled them to remain partially open while the other North Tahoe ski resorts were closed due to a power failure. This winter they plan to have all their lifts running and even a heated lodge if the power fails. The advanced skier will notice a change on Yellow Trail. Rock and tree

removal has made the run also be open earlier in the
Boreal Ridge: Boreal has made many changes on the mountain including the addition of coin operated slalom course which posts the end of the course. Boreal ticket has been expanded to include night skiing. The resort's last year's day-only ticket also introduced a morning lift which is very uncommon.
Heavenly Valley: Heavenly is heading to Heavenly's New Trek the trek easier and quicker the renovation of the Sky double chair to a triple. a new loading system will be stepping up the ramp. Sky is to be moving faster this double last year's uphill climb.
Northstar-at-Tahoe: Northstar is very proud of their new "Pluto" Lift. The lift opens up the Pluto to advanced and expert up to five new runs and acres to Northstar's already ticket sales this year.

Soda Springs: Soda

Phones: 541-SKII (sno-fone); 541-1330 (office).

Directions: HWY 50 east to South Lake Tahoe (end of Ski Run Blvd.).

HOMWOOD

Lift Rates: \$16 (all-day); \$12 (half-day — beginning/ending at 12:30 p.m.).
Facilities: (open 8:30 a.m. - 4 p.m. weekends; 9 a.m. - 4 p.m. weekdays). One quad chair, two double chairs and six surface lifts make Homewood's 22 runs easily accessible.
Difficulty Ratings: 20% novice; 50% intermediate; 30% advanced/expert.
Package Rentals: \$11 (all-day); \$7 (half-day).
Phones: 525-7256.
Directions: I-80 to HWY 89, south to Homewood.

KIRKWOOD

Lift Rates: \$20 (all-day); \$14 (half-day begins at 12:30 p.m.).
Facilities: (Open 9 a.m. - 4:30 p.m.) Kirkwood's some 50 runs over 2,000 acres are serviced by one triple chair, seven double chairs and a platter.
Difficulty Ratings: 25% novice; 50% intermediate; 25% advanced/expert.

Package Rentals: \$11 (half-day).
Phones: (209) 258-3000 (office).
Directions: HWY 50 south to HWY 88 and

MT. REBA/BEAR

Lift Rates: \$19 (all-day — rates begin at 1 p.m. day — midweek only).
Facilities: (Open 9 a.m. - 4 p.m.) 21 miles of skiable and two triple chair lifts.
Difficulty Ratings: 25% novice; 25% intermediate; 25% advanced.
Package Rentals: \$11 (afternoon).
Phones: (209) 753-2300 (office).
Directions: HWY 99 south to Bear Valley.

NORTHSTAR-AT-TAHOE

Lift Rates: \$21 (all-day — rates begin at 1 p.m.).
Facilities: (open 9 a.m. - 4 p.m.) 13 runs serviced by one triple chair and three triple chair lifts. take advantage of the 2,000 acres of terrain (44 runs).

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under the management of Boreal Ridge. They will be open this season on Fridays, Saturdays, Sundays and holidays. On Fridays, students with a college I.D. can ski for \$8 (the regular price being \$10). Soda Springs will also be offering snowboard lessons—snowboard having been described as "surfboards on moguls."

Squaw Valley USA: When arriving at Squaw this winter, skiers will notice a larger parking lot and no ice skating due to the removal of Blythe Arena which collapsed last winter due to snow pressure. Squaw's four-passenger gondola has been replaced by a state-of-the-art six passenger gondola. The new gondola will more than triple the former uphill capacity of 750 skiers per hour. Emigrant and Broadway, formerly double chair lifts, were replaced this summer by triple chairs. Squaw had a budget of \$10,000,000 for last summer's improvements which also included a new restaurant, new bars and a new sun deck.

Sugar Bowl: Sugar Bowl has also replaced their gondola. The new gondola moves at double the speed of the former and should minimize the early morning lines of skiers waiting to cross the valley to reach the slopes. Sugar Bowl offers a weekday rate of \$15 which can be reduced to \$10 by having a AAA insurance card.

Difficulty Ratings: 25% novice; 50% intermediate; 25% expert.

Package Rentals: \$14 (all day); \$9 (afternoon).

Phones: 562-1330 (sno-fone); 562-1010 (office).

Directions: I-80 east to HWY 267, east to Northstar.

SIERRA SKI RANCH

Lift Rates: \$16 (all-day); \$11 (afternoon — open — begins at 1:15 p.m.).

Facilities: 9 a.m.-4:30 p.m.) One triple chair and eight double chairs serve Sierra's 2,000 acres. Sierra boasts a 2,212 vertical drop.

Difficulty Ratings: 25% novice; 55% intermediate; 20% advanced/expert.

Package Rentals: \$12 (all-day).

Phones: 659-7475 (sno-fone); 659-7453.

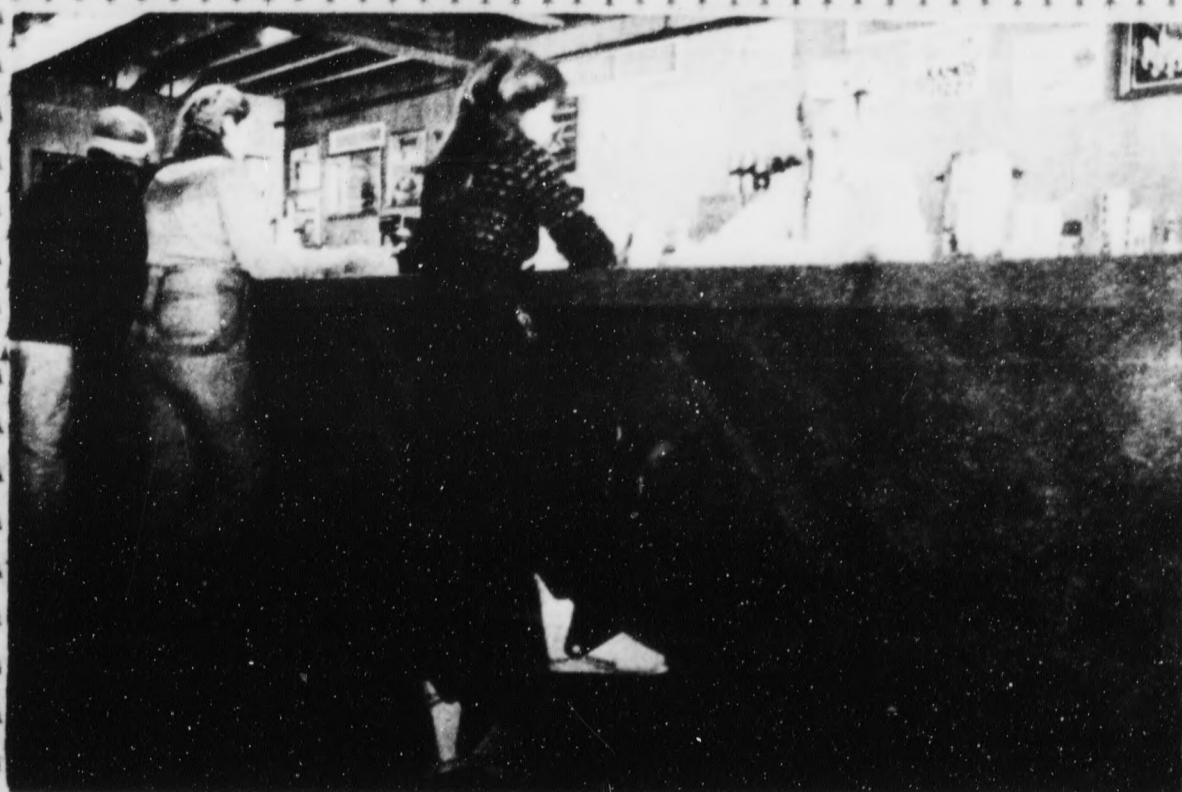
Directions: HWY 50 east to Sierra Ski Ranch exit.

SKI INCLINE

Lift Rates: \$18 (all-day); \$12 (afternoon — after 1 p.m.).

Facilities: Seven double chair lifts service over 21 runs on Ski Incline's 120 acres of north and northwest-facing slopes.

Difficulty Ratings: 30% novice; 40% intermediate; 30% advanced/expert.



"No, to the lodge bar."

Package Rentals: \$13 (all-day); \$9 (afternoon).

Phones: (702) 831-3211 (sno-fone); (702) 832-1177 (office).

Directions: I-80 east to Central Truckee exit, California HWY 267 to King's Beach, State Route 28 to Incline Village.

SODA SPRINGS

Lift Rates: \$10 (all-day); \$8 (half-day — beginning/ending at 1 p.m.).

Facilities: (9 a.m.-4:30 p.m. Fridays, weekends and holidays only). Two triple and one double chair service some 200 acres.

Difficulty Ratings: 40% novice; 50% intermediate; 10% advanced/expert.

Package Rentals: \$12.50 (all-day); \$9 (half-day).

Phones: 426-FONE (sno-fone); 426-3666 (office).

Directions: I-80 east to Soda Springs/-Norden exit.

SQUAW VALLEY

Lift Rates: \$22 (all-day); \$13 (afternoon — rates begin at 1 p.m.).

Facilities: (open 9 a.m.-4 p.m.) The immense Squaw covers some 6,000 acres serviced by 19 double chairs, three triple chairs, a new gondola, a tram as well as three beginner tows.

Difficulty Ratings: 30% novice; 40% intermediate; 30% advanced/expert.

Package Rentals: \$12 (all-day); \$8 (half-day).

Phones: 583-6955 (sno-fone); 583-6985 (office).

Directions: I-80 east to HWY 89, then south to Squaw Valley.

SUGAR BOWL

Lift Rates: \$20 (all-day, weekends and holidays); \$15 (all-day, non-holiday weekdays); \$5 (night, 7:30 p.m.-10 p.m. Tuesday and Saturday).

Facilities: (open 9 a.m.-4 p.m.) A faster gondola carries skiers from the parking area to the 1,000 acres of skiable terrain serviced by eight double lifts. Night skiing is provided Tuesdays and Thursdays on the Nob Hill run.

Difficulty Ratings: 20% novice; 30% intermediate; 50% advanced/expert.

Package Rentals: \$12.50 (all-day).

Phones: 426-3651.

Directions: I-80 east to Soda Springs/-Norden exit, east to tram terminal.

TAHOE DONNER

Lift Rates: \$12 (all-day); \$8 (half-day, begins at 1 p.m.).

Facilities: Two double chair lifts and one surface lift service 120 acres of skiable terrain.

Difficulty Ratings: 50% novice; 50% intermediate.

Package Rentals: \$12.50 (all-day); \$10 (half-day).

Phones: 587-6046 (sno-fone); 587-6028 (office).

Directions: HWY 80 east to first Truckee exit (Donner State Park exit), turn left to Old Highway 40, east to Tahoe Donner exit.

TAHOE SKI BOWL

Lift Rates: \$14 (all-day); \$10 (half-day — beginning at 1 p.m.).

Facilities: (open 9 a.m.-4:30 p.m.) One tri-chair, one double chair, one T-bar and one rope tow service the 24 available runs.

Difficulty Ratings: 40% novice; 40% intermediate; 20% advanced/expert.

Package Rentals: \$10 (all-day); \$7.50 (half-day).

Phones: 525-5224 (sno-fone); (800) 822-5910 (office).

Directions: I-80 east to HWY 89, south to Tahoe Ski Bowl.

If you've been waiting to upgrade your old cross-country ski equipment or are looking to purchase your first set of cross-country skis, then there's no time better than now — especially for the beginner. Since 1970, when the first waxless skis were introduced on the American market, cross-country skis have improved vastly. Manufacturers have designed, tested and redesigned equipment in order to provide good uphill grip and good downhill glide.

Although waxable skis are preferred by some "performance conscious" skiers, waxless skis provide the novice with the means to enjoy the cross-country experience without the waxing hassle. Performance does not have to be sacrificed either.

Criteria for choosing a particular ski is based on individual body weight, height and performance capability. The criteria least considered is performance capability and long-range skiing goals. Most sources of information agree there are four categories of cross-country ski equipment. These are recreational, performance, backcountry and sport. Novices will generally be interested in the recreational category to start and, since recreational equipment is designed for all-around use, beginners will not outgrow the skis as their skill increases.

Recreational skis are of medium width providing good trail-breaking ability as well as functioning well in prepared tracks. The beginner will want to try a ski with a moderate camber (ski flexibility). Generally, the stiffer the camber, the more advanced the ski. Rely on a professional salesperson to tell you a particular ski's camber.

Trak and Fischer, two manufacturers of waxless skis, are easily the most popular in the recreational category. The Trak Nova

features the Omni-trak no-wax base which varies the shape, depth and spacing of the ski base scales — optimizing kick, maximizing glide and eliminating pattern noise. CSUS' Mountain Wolf Sports and Alpine West both have the Trak Nova as their rental ski (renting equipment at first is the best way of discovering the type of ski for you).

Fischer offers a variety of recreational skis with their new Crown base. The Fischer Fibre Crown is a high quality ski with a moderate camber, perfect for the beginner. The Fischer Europa Crown is Fischer's all-around ski. It is a lighter weight ski than the Fibre Crown but it costs about \$20 more. The Fischer Comfort Crown and the Fischer Touring Crown, with their wider widths, are for recreational skiers who prefer the backcountry. With a wider width, they are more stable and break a trail more easily than other recreational skis. Alpine West has all of the above skis for rent, with the exception of the Fischer Comfort Crown.

The backcountry/telemarking equipment is specially designed for extra durability and better flotation in unbroken snow. The core of this type of ski is usually hard, providing a stiffer camber, and the edges are usually metal which cut into the snow and provide greater control. Skis which fall into this category are the Fischer E99 Crown, Trak Alta, Rossignol Chamois AR and Karhu XCD GT Bearclaw.

Regarding boots and binding systems, two specific categories have emerged this year — the Solomon Nordic System (SNS) for light to general touring and prepared track skiing, and the 75mm nordic norm system for backcountry skiing and telemarking. Advantages of the SNS offer skiers of all abilities greater control and performance as

well as comfort and convenience. Ridges on the Heierling boot and grooves in the SNS binding fit together to provide precise downhill control and greater skier confidence. Placed under the ball of the foot, the ridge re-centers the foot more rapidly and guides the ski throughout the kick, glide and turn. The flex point of the Solomon system is farther forward than in other systems, allowing greater heel lift with no crushing of the toes to limit flex travel. The steel-to-steel boot/binding combination of the SNS provides strength and easy, simple entry.

The 75mm nordic norm is the binding of choice for the top manufacturers of heavy backcountry and telemarking boots because of its ruggedness and reliability. Top names in heavy cross-country boots, such as Norrona and Asolo, have stayed with the 75 norm. Others, such as Merrell Boots, build an excellent SNS touring boot as well. The choice of boot and binding system is directly dependent on the type of cross-country skiing you intend to do. Whichever type you choose, it is important you check the binding-to-boot fit before leaving the store.

When trying-on boots, be sure to wear thick socks (preferably the ones you'll be wearing when you ski). Leather and nylon are the most favored materials for boot construction. The nylon allows the foot to

breathe while the leather keeps the foot warm, remaining supple and elastic in cold weather. Plastic boots are less comfortable and tend to crack in cold conditions.

Cross-country ski poles are the least complicated of the cross-country equipment. Although bamboo poles have been popular in the past, thinner more fragile bamboo, which breaks easily, is being used today. Fiberglass and aluminum poles are the most practical — aluminum being favored by backcountry and telemarking skiers.

Cross-country skiing could never be better. And, as interest in the sport grows, manufacturers will continue to improve on the already exceptional quality of cross-country equipment. Choosing your equipment does not have to be difficult. Ski packages are available through most sports stores, providing the essential, quality equipment for light touring, general touring or backcountry/telemarking. Try renting a variety of different brands and styles (on various occasions, of course) to find the one you like best, then wait for one of the big yearly sales. Skiing on your own cross-country equipment is an exciting experience and improves your skiing ability as you build confidence and familiarity using the same equipment time and again.

WHAT TO BUY (above)

by Rebecca Murphy

NORDIC

WHERE TO SKI (below)

by Susan O'Madden

The Tahoe area is filled with scenic areas for cross-country skiing. Whether you are a novice, advanced or somewhere in between, there is sure to be a trail to challenge you.

While there is no scientific grading system for the difficulty of the trails, there is an informal method to determine the skier's abilities:

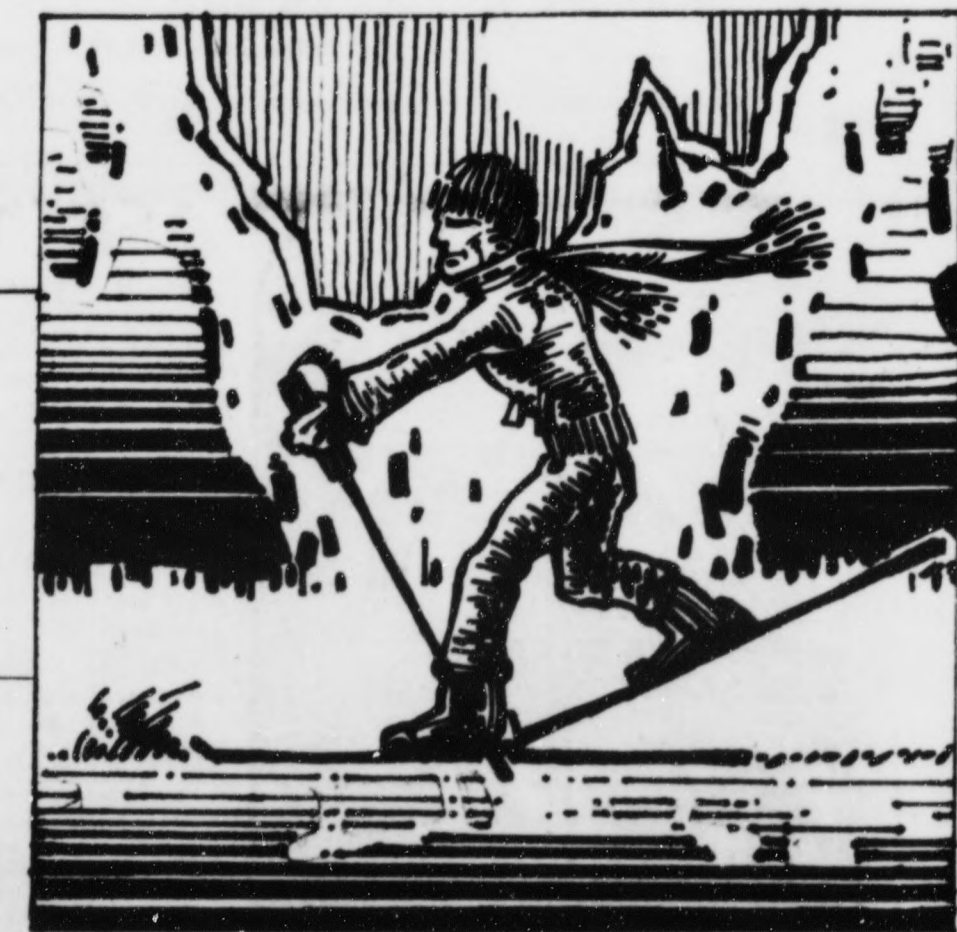
- **Beginner tours:** classed as those tours one-to-three miles in length, in flat meadows or wide roads, with little or no climbing.
- **Intermediate:** three-to-six miles of some uphill and downhill which can be traversed if it is too steep. Intermediate skiers have mastered the snowplow and step turn in controlling downhill speeds on cross-country skis.
- **Advanced:** six-to-fifteen miles in one day. Advanced skiers are healthy and have knowledge of map reading, compass, avalanche hazards and winter survival.

Following are only some of many cross-country trails. The list excludes most of the large, commercial ski resorts.

Meeks Bay (beg.): park at Meeks Bay parking lot 100 miles north of fire station (11½ miles south of Tahoe City on Hwy 89). The one-to-three mile tour has an elevation gain of 50 to 100 feet.

General Creek (beg.) (Sugar Pine Point State Park); park at the state park (10 miles south of Tahoe City on Hwy 28). The two-to-four mile tour has an elevation gain of 200 feet. The park is one of two campgrounds open during the winter for camping (the other is the state park in Tahoe City next to Safeway). Features of the park include hot water and heated restrooms. Beginners can ski for about two miles without any significant rise in elevation. There are several picnic spots along the marked trail.

Olympic Training Trail (beg. and int.): park in the Papoose parking lot, Squaw



Valley. The three mile loop has an elevation gain of 200 feet. Machine-groomed tracks and marked trails warrant a \$3 fee.

Pole Creek and Silver Peak (beg. and int.): park across from Big Chief Lodge, two miles north of Squaw Valley on Hwy 89 (seven miles north of Tahoe City). The loop is three-to-five miles with an elevation gain of 700 feet. This is strictly a cross-country ski area; the trails are well-marked and machine-groomed with trail maps available at the trailhead. There is a \$1 trail fee.

Carpenter Valley (beg. and int.): park off Alder Creek Road where Carpenter Valley Road intersects (four miles north of

Truckee). The tour is two-to-ten miles, depending on the skier. The elevation gain is about 200 feet. Lots of open meadows and open slopes to practice downhill tours.

Martin Peak (int.): park one half mile north of Brockway Summit on Hwy 267 (13 miles from Tahoe City). The eight-mile round trip climbs 1500 feet and has what has been called the best view of Lake Tahoe. Take a camera.

Marlette Lake (int.): park off Hwy 28 just before Spooner Junction with Hwy 50, 27 miles from Tahoe City. The tour is nine-miles round trip, with an elevation gain of 1200 feet. The trail climbs gently from

Spooner Lake, which has a marked and groomed trail for beginners, up through a stand of aspens to Marlette Lake.

Donner Summit to Squaw Valley (adv.): park at the Sugar Bowl ski area parking lot or anywhere in Norden. The tour is 12 miles, one way, with an elevation gain of 200 feet. At the base of Mt. Anderson is a ski hut run by the Sierra Club. Overnight reservations are required.

Mt. Pluto to Lake Tahoe (adv.): park at the Northstar ski area (eight miles south of Truckee off Hwy 267). If the lift going up is used, then the tour is 6½ miles downhill.

Tahoe City to Truckee (adv.): park at Tahoe Nordic Ski Center parking lot, two

and a half miles east of Tahoe City on Hwy 28 turn left at Dollar Hill Point Shell Station, right on Fabian, four blocks turn right onto Country Club Drive. The 18-mile tour has an elevation gain of 1500 feet. Skiers view Lake Tahoe on the way up and then have a downhill run to Truckee past the west side of Mt. Pluto.

The above is, of course, only a small fraction of the tours available to cross-country skiers. Nordic ski shops, such as Alpine West, have a more complete selection of maps and tour books. Information here was obtained from *A Guide to Cross-Country Ski Tours at Lake Tahoe*, by Skip Reedy (\$3.50), available at Alpine West.

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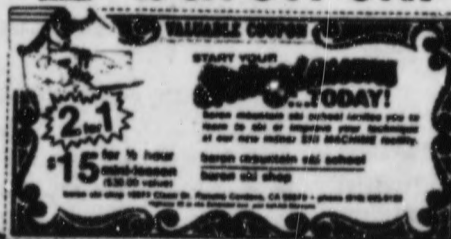


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- or—
- III. Purchase either:
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*Std. Sail-O'Brien 5.6 Pinhead

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ANG

CAN SUCCESS STORY

covers can also be bought for a reasonable price and they can improve the interior 100 percent.

After the interior is refurbished and carpeted, the options can begin. These include pistol-grip door handles, retracting front seat belts, a simulated wood grain steering wheel, remove-control mirrors, special door trim and other minor accessories that stretch from a day/night vanity mirror to a fire extinguisher.

When it is completed, the restored Mustang is beautiful. It is one of the most attractive and appealing cars of any year. The styling is barely dated and its performance can rank with any line of new cars.

Costs, unfortunately, are making restoration as dangerously expensive as new cars. In the past few years parts have been mod-

erately priced, but Ford has recently stopped producing them and has relied on selling their large surplus of goods. Specialty stores — such as the three previously mentioned — cannot keep up. They must continue to keep raising their own prices as Ford's prices continue to ascend.

Many engine and mechanical component parts can be obtained at discount part houses such as Kragen and Grand Auto. Parts that need not be factory new (e.g. front end parts) can usually be scurried up from auto dismantlers.

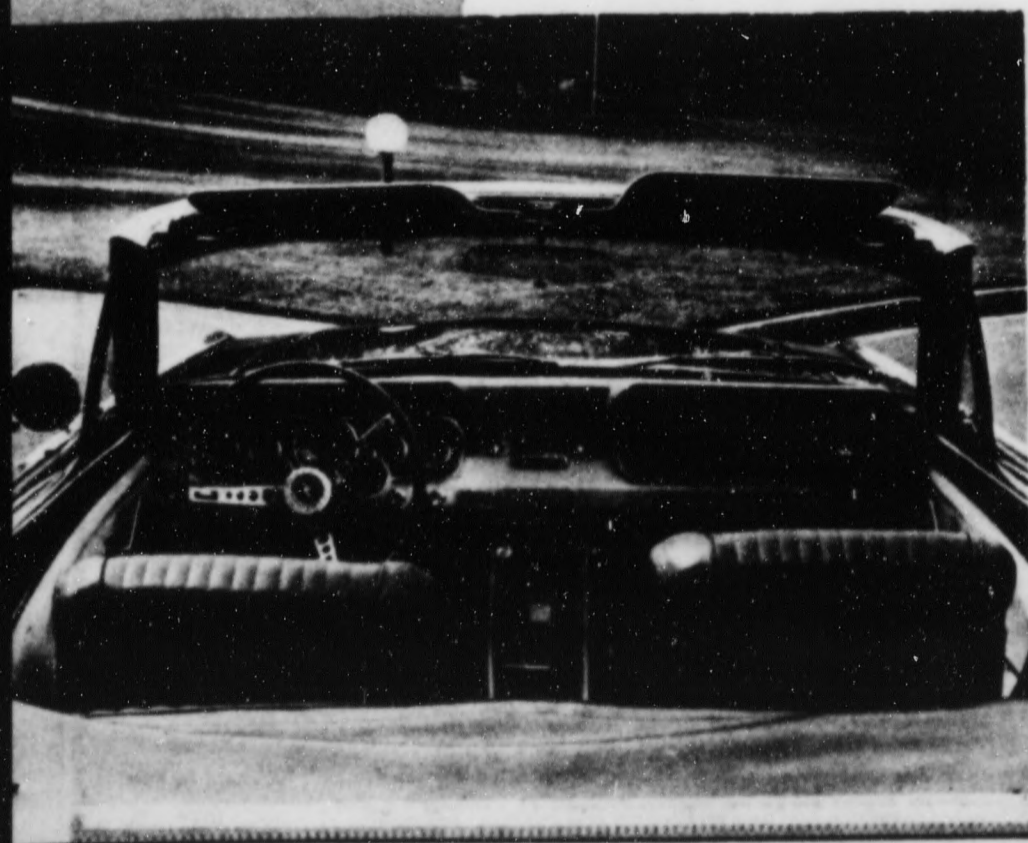
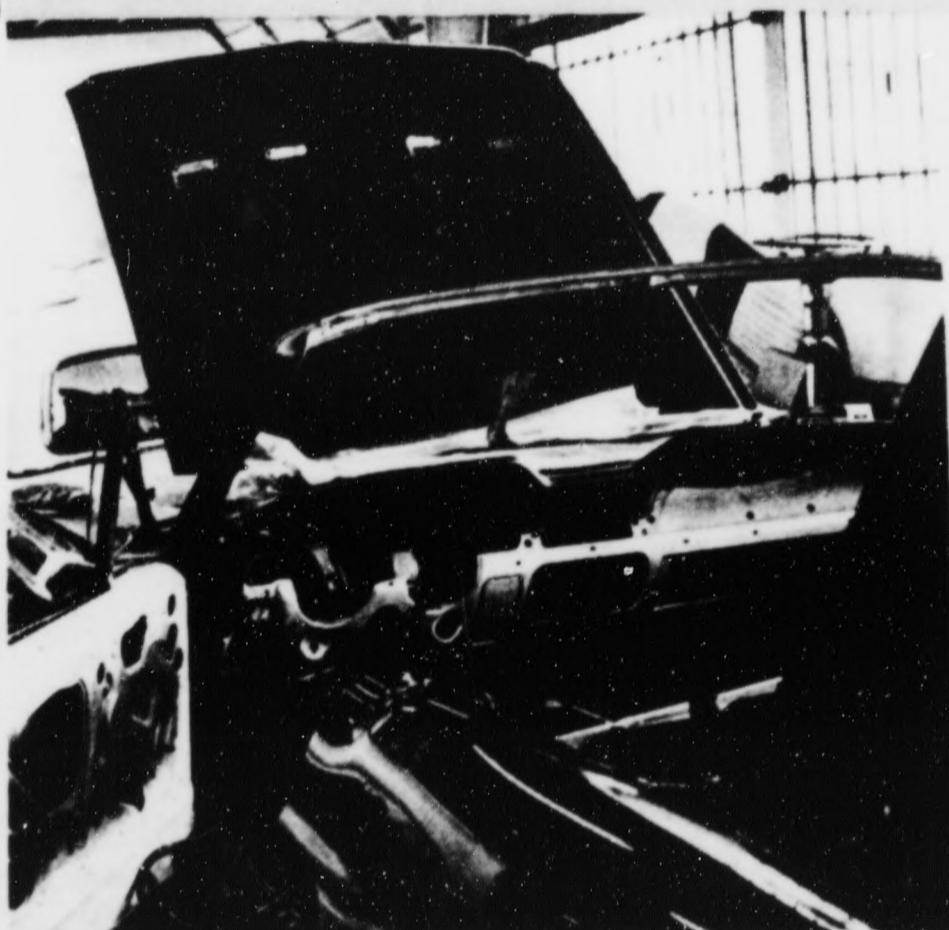
The original cost of the Mustang ranged from \$2,000 to \$3,000. Today, the average cost for a vintage Mustang in good shape (requiring only partial restoration) is amazingly about the same price. This drastically points out the worth of these cars. They are easily worth double or triple that amount when fully restored.

A splendid way to view various restored

Any person in possession of a vintage Mustang is strongly advised to hang onto it. Even if the car is beyond restoration, up to \$1,000 can be made of selling single parts by way of a classified ad. They are gold mines — no matter what shape they are in.

Insurance companies also value them as such. An average Mustang can be insured almost to its full value without wallet-shattering premiums. They are considered to be in the same class as the average new car. Show cars, on the other hand, would probably garner more complete coverage and, therefore, the premiums would almost be double.

Mustangs are "as American as apple pie," to cop a phrase. Even their emblems are red, white, and blue (where else but in America?). Few cars have retained the beauty and earned the respect that these original Ponies have. They have not endured due to their amazing inception but,



Mustangs is to attend meetings of a Mustang owners' club. There are several such clubs in California and many more across the country. Dues average between \$10 and \$20.

In Sacramento, there is the Sierra Mustang club which incorporates all of northern California. It consists of several hundred Mustang owners and fans who participate in various events. They enter car shows and parades, escort Homecoming queens and aid charity organizations. They meet the fourth Tuesday of every month at the SMUD building.

In the Mustang world there are a couple of monthly magazines dedicated to all Pony fans, but the most important literature, ever, is the *Mustang Encyclopedia* (Beekman House, New York 1982). Written by the editors of *Consumer's Guide*, which makes the information very reliable, it tells the Mustang story, offers a guide to accessories, sources, clubs and literature and, best of all, is a step-by-step restoration manual (they actually restored one themselves). No Mustang owner should be without it.

rather, they have endured through the dedicated following they have built.

**Story by
Eric Luchini
Photos by
Dia Lax
Mustangs Owned By
Beth Fogarty and
Ron McKay**

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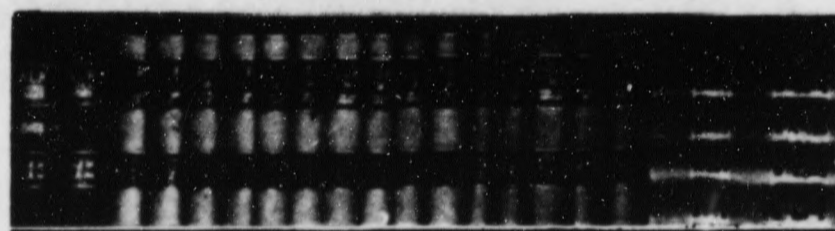
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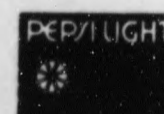
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SHAPE UP!

A Guide to Fitness Clubs And Centers In the Sacramento Area

Interest in health and beauty has produced explosive results in the marketplace. Goods and services competing for the beauty dollar are health food stores, books on health and nutrition, diet plans exercise equipment, sports apparel, televised exercise programs, cosmetic surgery and health spas. Judging by the sales, it is a bandwagon few have opted to pass up.

In examining the health spa in particular, listed here are some guidelines and suggestions for choosing from the several clubs operating in the Sacramento area.

Lifestyle Fitness Center, formerly Isoaerobic Fitness Center, prides itself on its personalized service (the absence of crowds may further assure you of this.) Foregoing the "frills and thrills," the Center emphasizes "wellness" and has the backing of its owners' expertise in medicine, physical therapy, nutrition, and physical education.

The method of training employs isokinetic exercise equipment which uses mechanisms that are speed controlled. These produce "perfect accommodating" resistance, that is, resistance equal to that put out by the user. The system responds to changes in applied force so that maximum benefit is still obtained if one is fatigued, in pain or is weak. Regulation of velocities allows for the various types of training the individual desires.

The club contains some 30 machines and a dry sauna. The addition of an aerobic exercise floor will be included soon.

Nutrition advising is headed by Patricia Stanley who is available by appointment. No health food "line" is endorsed per se; diet plans are made to suit the individual.

The Lifestyle Fitness Center also provides Fitness Investigation and Training to its members. As its name suggests, this program allows individuals to assess their physical condition and offers them

training on how to improve it. Comprehensive physicals done in this program are directed by professionals. There is a charge for testing: a complete test costs \$105, a three-month retest excluding nutrition costs \$50 and a one year retest excluding nutrition is also \$50.

A one-person membership fee is priced at \$25 for a single per month, \$70 for three months, \$130 for six months and \$240 for 12 months. For couples, prices are \$130, \$240 and \$430, respectively. Family rates are the price of a couple plus \$5 per child age 16 and under, and \$7 for those over 16 and living at home.

The Center is co-ed, however, locker rooms for males and females are provided on alternate days. Males have access on Mondays, Wednesdays and Friday, females get them on the remaining days.

The club's hours are 6 a.m. to 9 p.m. and 8 a.m. to 6 p.m. Monday through Friday. Peak hours are between 6 a.m. and 7:30 a.m. The club is closed Sundays.

Lifestyle Fitness Center is located at 940 University Avenue. It caters to 120 members. Besides its close proximity to the university, another favorable aspect to the club is that it impresses one as being a way of life for those involved in it rather than a "business."

The entrance to **Fitness Institute** has a reception area, three counseling offices, nutrition center and juice bar. This room provides a comforting setting in gold, orange and earth tones. Private tables, vinyl loveseat and sofa provide an atmosphere for socializing.

The pentagon-shaped, main exercise floor adjoins this area. On the exercise floor rests over 30 machines including those by Olympic, Universal, and Nautilus. Walls on the right-hand side are mirrored, the remaining side has windows from which the aerobic dance floor and pool area are

visible.

A hallway of the pentagon's perimeter leads to the locker rooms. The women's locker, for example, contains 200 full-size lockers, 20 mini lockers, 12 dressing stalls, a four-basin vanity, seven shower stalls and three baths. Lying straight ahead, towards the left is the gray-carpeted aerobic exercise floor, also bound by mirrored and windowed sides. A stereo system sits on the right of the instructor's platform.

The northwest end of the club houses a 50-foot lap pool, whirlpool, sauna, steam room and eucalyptus room. Provided with these facilities is a nutritional guidance service where members meet with counselors to design a tailor-made nutritional program. Nutritionists' hours vary; advisors are available by appointment as well.

The juice bar is adjacent to the nutrition center and offers such items as soft drinks, juices, mineral and spring water, milk and eatables such as salads, sandwiches, pastries and beef jerky. Included on its weight loss menu is a 180-calorie "Shirley Temple" consisting of ice, strawberries, papaya juice, and "energy food" (protein powder). For weight gainers, a 560-calorie, "High Pro Whopper" is a liquid meal consisting of ice, papaya juice, banana, peanut butter, eggs, yogurt, coconut-pineapple, energy food and honey.

Members who dare to eat here can burn the calories in the pentagon. The Institute's circuit training exercise program can be tailored to meet the needs and objectives of the individual. Counselors work closely with new members to familiarize them with the system. On consequent visits, members are allowed to work out at his or her own pace.

When personal goals are met, counselors review the member's progress, and design an

CONTINUED ON NEXT PAGE

On-Campus Fitness; Man in Aerobics; Dance for Health



CONTINUED FROM PAGE 11

advanced or maintenance program (all spas follow this type of procedure).

Membership costs \$490 for a 15-month term and is renewable at the end of each year for \$25. Fitness Institute offers various rates during "specials" (or membership drives), as do the other health spas. Look for these, as memberships will be much cheaper. The Institute carries financing.

This co-ed gym is open from 5 a.m. to 11 p.m. Monday through Friday, and 9 a.m. to 6 p.m. Saturdays and Sundays. Also available is a child care service.

Fitness Institute is located at 2535 Fair Oaks Blvd. This is its only Sacramento club. Compensation is made to those members who live 25 or more miles away from the club.

Advantages to this club are its friendly atmosphere and complete facilities. Currently under new management, the club appears determined to improve its services. This reporter found the employees to be extremely helpful and straightforward.

The clientele seemed to have a positive attitude and appeared to be pleased with the club's services. With these factors combined, Fitness Institute receives a high recommendation. One drawback to the gym is the lack of more locations.

The three Jack LaLanne European Health Spas alternate days for their male and female members. Locations are: 1895 Howe Avenue, 2925 Florin Road and 4804 Madison Avenue. The Howe and Madison Avenue clubs have identical hours, those being 9 a.m. to 9 p.m. Mondays, Wednesdays and Fridays, and 10 a.m. to 2 p.m. on

Sundays for women. Men attend Tuesdays and Thursdays from 9 a.m. to 9 p.m., 10 a.m. to 6 p.m. on Saturdays, and 2 p.m. to 6 p.m. Sundays. The Florin Road club operates the opposite schedule. Co-ed hours are 6 a.m. to 9 a.m. Theoretically, both sexes have a LaLanne spa available to them seven days a week.

Offerings include the circuit training program, "trimnastics," aerobic dancing, "swimnastics" (the "nastics" are for women only) and a massage service. Weight training is done with Paramount, Olympic and Lifecycle equipment. Over 50 machines are on the exercise floor, along with three staff members.

Employees must go through Jack LaLanne's training course and pass a comprehensive exam with a score of 80 percent or better prior to employment. Candidates must also pass a practicum exam whereby they demonstrate knowledge of information included in the test.

Located in the reception area is the juice bar which serves as the "Nutrition Education Department." Educators teach clients to "eat a wide variety of fresh food as close to the natural state as possible, eating small portions slowly." Jack LaLanne "Nutra-Pac," "Super Food," "Staminal" nutritional supplements and protein powder are available for sale. For example, the 13-ounce Super Food sells for \$11.98.

The Jack LaLanne Company extends to Spa Formula Cosmetics the privilege to approach LaLanne customers. A "beauty technician" instructs members on eating habits, exercising to maintain muscle tone, stimulating circulation, getting proper rest and use of Spa Formula Cosmetics as well as other lines.

These services combine with impressive facilities consisting of a 43-foot indoor pool, Jacuzzi, ice plunge, steam room, dry sauna, eucalyptus room, four tanning booths, 15 dressing stalls, over 200 lockers and smaller compartments, vanity and three baths. Howe Avenue spa member can now enjoy the 1,900-square foot aerobics dance floor, just recently completed.

Jack LaLanne's European Health Spa employees consider service and facilities to be the club's high points, as a Howe club employee puts it, "we consider ourselves successful when members get the results they desire, not when they purchase a membership."

The club is friendly, as are its staff. Membership for seven months costs \$238, \$330 for 15 months and a 24-month term is priced at \$432. Terms can be extended and renewal rates are set at \$25.

* * *

International Fitness Centers facilities catch the eye with its sparkling new 1250 Howe Avenue club. Occupying over 11,000 square feet, the health center offers a jogging track, aerobic dance floor, 50-foot lap pool, a whirlpool (which seats over 30 people), steam room, eucalyptus room, sauna, male and female locker rooms, juice bar and nutritional center.

The attractively decorated main room and reception area are of blue orange, camel, and beige colors. Pothos' float above the juice bar which is located near the entrance. Four brass ceiling fans

spin above the exercise floor. Nautilus, Universal and Olympic equipment reflected in mirrored sides of the room adds the brilliance of chrome and steel to the club.

Included in the main area are the aerobic dance floor and three offices. Music flows throughout the club, but does not drown out the sounds produced by the hustle, nor the bustle.

International uses the circuit training method of physical conditioning. Counselors mingle near the entrance by the reception desk ready to serve members, waiting to recruit.

Introduction to the spa for this reporter was brief: the club's facilities were named off, there was a counselor-guided tour, then one was allowed to view the club alone. Discussion of membership followed this. The staff person presented the different types of memberships quickly, yet courteously. One is reminded of a car salesman (this particular employee formerly worked for a car dealership — and it showed).

Membership fees for a two-year term with an additional year as a bonus, costs \$580 and renews for \$75.

In terms of facilities and equipment, International Fitness Center offers an attractive assortment, but the club appears a bit too big for its own britches. The jogging track is an excellent idea, as it appeals to those enthusiasts who previously endured winter weather, but bare in mind the track encircles the exercise floor and is in the main part of the gym where newcomers and members roam. Consider too, the absence of scenic views.

This is not a major drawback to the club, though. That position is held by the club's image.

CONTINUED ON PAGE 14



ALAN TAJERON

Paradise LOST

By Gregg Fishman

Aerobics. Isn't that where those guys do flips and twists in those funky old airplanes with two wings? Oh, that's *aerobatics*. Well, what's this *aerobics* stuff then?

You say it's a bunch of women, in tight Denzkins, doing things an Indian contortionist only dreams about? Sure, I'll go along to this class.

And so began a journey I will not soon forget. A sojourn into a world of sweat and grueling exercise all in the name of that elusive goal known as fitness and secondary benefits like a body more attractive to the opposite sex.

I wanted to go for the girls. Besides, I didn't need to get into shape. I'm already in shape. I joined the rowing club, and I ride my bike. Hell, these classes are for women who don't do anything more difficult than push pencils all day. Aren't they?

Honestly, a guy like me, reasonably macho, should be able to take an hour of aerobics then go play three sets of tennis. Shouldn't he?

So my roommate (who lasts for the instructor or he wouldn't have gone either) and I took off one evening for Mills Junior High in Rancho Cordova. I intended only to get a modest workout and possibly obtain the phone number of a winsome young lass in legwarmers.

On entering the gym, I was sure that I had died and gone to that great singles bar in the sky. It was better than I could possibly have imagined; the women in this class were, for the most part, beautiful and shapely and, best of all, clad in very little. My roommate woke up, looked around and noticed that perhaps it was time to leave a little earlier.

The instructor had a very pleasant voice, but she was a little out of sync with the music.

on time with the rest of the class.

We all took our pulse to the teacher's count. I was up there around 150 beats per minute. Not bad, not bad. A little more macho flowed through my benumbed body. But the worst was yet to come. Sure, that was the last song but it was only the last song of the *first part* of the hour. There were still 30 minutes of pain left to enjoy.

Inside I was crying, outside I was sweating and somewhere in the middle I was still yearning for that Michelob. I found myself on the hard gym floor on hands and knees. The instructor and most of the class were doing kicks and kicks and kicks in sets of 20. I was doing sets of seven or eight. Men at Work music took on a whole new meaning.

With my head down and one leg gyrating in a fashion resembling a dying cockroach, the sweat was literally running off my body. The floor in front of me became slick with the stuff. My own stench enveloped my head and made me gag. My legs were aching and my stomach felt like some one had stuck me with a hot poker.

My sets of seven became sets of four.

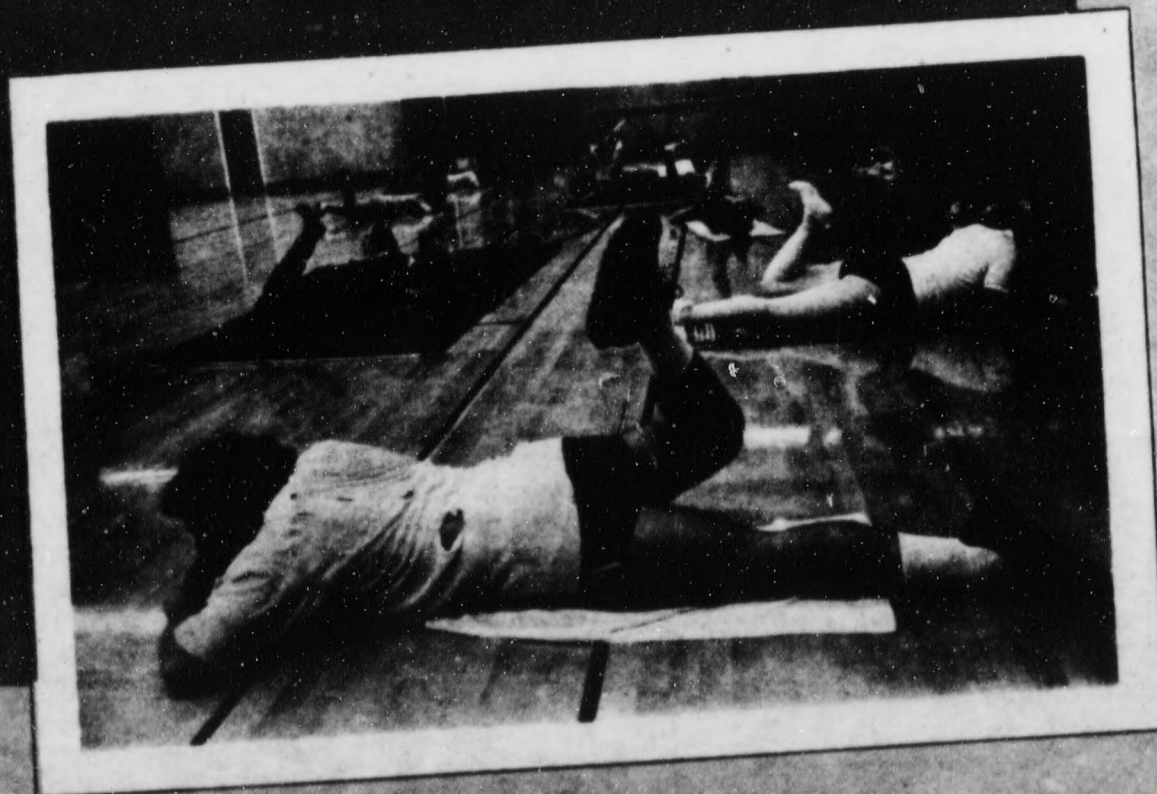
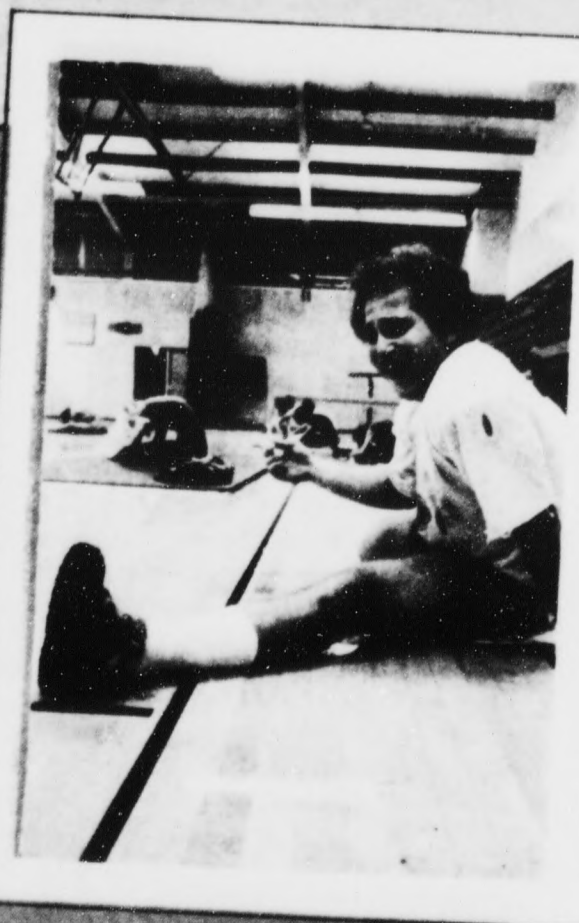
Finally, the hour was over and we could relax. Relax. I was too tired to relax. My muscles, particularly my calves and stomach were as tight as drums. My heart was still pounding like drums, and my throat was dry, very dry — like a drum.

Over a tall cold beer at one of my favorite "dive" bars, I analyzed the previous hour and my own participation. I thought that at first, I really did not realize what I was in for. But as the class progressed, I realized that I was in for a long, hard workout.

The one problem in that respect is that the class is geared toward women. Certainly it is good for men as well, but I did feel a little funny doing exercises I knew were designed to preclude the need for an underwire support bra.

Other than that, the hour was a success. I felt like I had really done something good for my body. The soreness I still feel is proof of that.

The class was also good for me in another way. I wanted to deal with women on a level that had previously been denied to me. I was in their environment, I was merely a guest. I found they were kind and generous hosts. No I didn't get that close with the instructor, but I did get an idea of what it was like to be a woman in a gym.



CINDY BAKER

CSUS "Fitness Club" Is Real Money Saver

If affordability is preventing you from acquiring the type of physical conditioning a club can provide, look to on-campus training instead.

CSUS provides programs and opportunities whereby cost and inconvenience are minimal.

The athlete's weight room is now open for student use. The room has a number of universal weight machines which require the use of a pin to operate. These pins can be purchased at the Bookstore for \$4.50.

The weight room is located at the field house, and is open from noon to 1 p.m. on Monday, Wednesday and Friday. A member of the CSUS football team acts as supervisor at the facility and is on-duty either in the weight or equipment rooms.

To provide greater convenience to students, the possibility of relocating the service to the Physical Education Building is being investigated.

Students may also take advantage of the stadium track on Mondays, Tuesdays and Wednesdays from 5 p.m. to 7 p.m.

This semester a total of 10 beginning weight training classes are offered with one intermediate and one advanced class.

The sessions are 50 minutes long and two to three workouts per week are assured. The end of a four-month effort affords students with the benefit of physical exercise as well as one unit of credit.

The number of creative aerobic fitness classes

has increased as a result of student demand. Six sections were offered this semester to accommodate the male and female enrollees.

The classes are held in the North Gym, providing the space needed for large classes. Instruction includes dance, muscle-toning exercises and nutritional education.

Instructor Robin Reese said her aerobic class involves hard work. But experience proved it to be refreshing and a lot of fun. Classes are also taught by gymnastics coach Kim Hughes.

Two male enrollees, Danny Nunez and Richard Lewis, said that the class helps them to lose their inhibitions about dancing. They consider themselves to be "uncoordinated," and they admit to making mistakes. They enjoy the routines and exercise and don't feel uncomfortable about performing them.

On-campus fitness opportunities are available to resident students as well. The service has run for four years with the current instructor, Terry Gaughan, having taught it for the past three. Gaughan has a degree in physical education and certification from Corporate Fitness Systems.

The class is conducted in the Dining Commons on Mondays, Wednesdays and Thursdays from 7:15 p.m. to 8:15 p.m.

Dormitory students may find the amount of space inadequate, as tables and chairs are pushed



aside to provide space on the partially carpeted floor. This didn't seem to be a significant drawback, but it could be depending on the size of a class.

Slightly disadvantageous were the inaudibility and invisibility of the instructor. Even though she directs the class from an elevated platform, students in the foreground are obstructions for those in the rear of the room. However, routines can be quickly learned by watching those who know them.

The instructor conducts a productive, easy-going and enjoyable class to as many as 150 students a session. This reporter had the privilege of attending a class of 45 on one Monday evening.

The aerobic class is free to dorm students, though some non-dormitory students have wandered in to take advantage of this worthwhile opportunity as well.

CONTINUED FROM PAGE 12

First, this reporter's initial impression was that this was a club which puts "business" first and health second. Related to you from experience, is the fact that walking in without being a paying member, without being checked or questioned, and taking advantage of the facilities is possible. This would seem impossible as there are an ample amount of counselors on hand.

What this says is that the club's ability to provide "personalized" service is questionable, and that counselors may not have a rapport with the customers, or are unwilling to develop one.

Second, as an aspect to International which some may find appealing, is the singles bar image: the (juice) bar, hanging plants, ceiling fans, clipboard-carrying counselors who look as if they are ready to seat visitors as they come through the door, and the top-of-the-line sound system reminds one of a "pick-up" joint minus the exercise equipment.

Hours are 6 a.m. to 12 p.m. Monday through Friday and 9 a.m. to 7 p.m. on Saturdays. International Fitness Center is closed Sundays.

A member of International Fitness Institute is International Health Spa, a "women's only" club. Though much smaller than the other clubs mentioned, it contains over 50 items including

Paramount, Universal, and Lifestyle types of equipment.

An aerobic dance area is part of the main exercise floor. North of this room is the locker room where one finds 80 full-size lockers with mini-compartments, eight dressing stalls, double-basin vanity, sauna, whirlpool, two baths and three shower stalls.

A nutrition guidance service was recently added to this club. The advisor is available by appointment from 9:30 a.m. to 2 p.m., and 4 p.m. to 8 p.m. on Tuesdays. On Thursdays, clients are welcomed from 9:30 a.m. to 12:30 p.m. and 2 p.m. to 7 p.m.

The atmosphere is quiet and relaxed but lacks a feeling of camaraderie. Patrons are self-involved and tend to keep to themselves (this was evident on three of four visits to the club.)

The counselors were cheerful and friendly, but one could sense their reluctance to divulge information to a reporter about the organization.

These employees must be certified by passing a two-week training program. They must also undergo training sessions throughout their employment. A total of three employees are to be on the exercise floor at all times.

Membership for a two-year term, for example,

costs \$359. Memberships are renewable for \$75 at the end of each one-year term.

This gym is recommended for those who prefer to workout without the presence of males. At this club, members have the advantage of a club which operates six days of the week with no alternating.

A Touch of Jazz, which recently opened a new studio at 701 Howe Ave. is a unique health club offering aerobic exercise for men and women. In addition to aerobics, there is a weight room with an instructor on duty.

The aerobics program consists of seven levels:

- Level I (45 minutes): Beginning aerobic exercise.
- Level II (one hour): Beginning-intermediate aerobic exercise for 20 minutes with abdominal, hip, thigh and lower back flexibility and strength exercises.
- Level III (one hour): Intermediate aerobics for 20-25 minutes with more intense toning and flexibility exercises.
- Level IV (one hour and 15 minutes): Intermediate aerobic exercise for 25-30 minutes with intense toning and flexibility exercise.

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- Level V (One hour and 15 minutes): Intermediate advanced aerobic exercise for 40-45 minutes with concentrated spinal and abdominal strength and flexibility exercise.

- Level VI (one hour and 30 minutes): Advanced aerobic exercise for 45-60 minutes with advanced toning flexibility and strength exercises.

- Level VII (two hours): This is also known as "Kick your Butt." It includes advanced aerobics exercise for 50-60 minutes with advanced toning flexibility and strength exercise.

A Touch of Jazz also offers two specialized classes; athletic stretch and dance stretch. Athletic stretch class is one hour long and designed primarily for men. It helps in overcoming limited flexibility with emphasis on spinal, hamstring and hip flexibility and strength.

The dance stretch class is also one hour long. It is designed to increase body awareness balance and develop strength and flexibility in all aspects of the leg, spine and abdominals.

All classes are held in one of the two mirrored aerobic rooms.

A Touch of Jazz is the only local health club that offers a student discount. Regular members

are charged a \$75 initiation fee with a \$40 charge monthly. However, students are charged a \$25 initiation fee and a \$20 monthly charge. You must show your student I.D. every time you pay.

A Touch of Jazz is open from 5:15 a.m. to 9:30 p.m. Monday through Friday; 7:30 a.m. to 5 p.m. on Saturdays and 9:30 a.m. to 4 p.m. on Sundays. This unique studio also offers a variety of services. Cardiovascular testing, periodic seminars, nutritional analysis and consultations and child care services are just a few of the extras available for members.

A Touch of Jazz possesses a comfortable atmosphere with instructors who, according to owner Jim Mellas, is monitored and critiqued periodically by the training staff to maintain a high level of quality in instruction, always available for members.

The aerobics instructors are not there just to delegate the exercises, instead they help by demonstrating and explaining the different moves. An interesting note is that the aerobics classes are also educational — most instructors explain which part of the body is being used and how to efficiently exercise it. Members learn about how their bodies

operate and become more in tune with how they feel.

Overall, A Touch of Jazz deserves a high ranking for not only is it designed for a student's budget but it continues to help the member learn and grow after he or she has paid. Mellas said that the fees are monthly so that the quality of the program stays high. That way, Mellas explained we have to work every month to keep our customers coming back the next month. And, indeed, the entire staff at A Touch of Jazz works hard to keep their members satisfied.

Factors to keep in mind when looking for a spa are prices, types of facilities offered, potential for crowding, access to a number of locations, and extras such as day care services.

Be aware of the sales pitch. If possible try to discern the employee's attitude towards his or her job. If he or she is enthused and motivated, it will show in their performance and service to customers.

If spas fail to keep the member interested in working out, all the facilities in the world won't be of any importance.

Flashdance To Fitness

If you like to get your exercise through dancing, but hate hanging around The Rock Factory and the Oasis, there may be an interesting alternative in sight — dance fitness.

If you're a maniac, a great way to get into shape is Jazzercise. Jazzercise emphasizes a lot of sweat, a lot of nifty dance steps and a whole lot of fun. It's a total fitness program that employs simple jazz dance movements choreographed to Top 40 music. It concentrates on flexibility, balance, posture, coordination, stamina, muscle tone, and cardio-vascular and metabolic improvement. Its basic premise is to have fun and work on getting your physical, as well as emotional, self into shape.

Local classes are on Monday, Tuesday, Wednesday and Thursday evening at 5:45 p.m. and 7 p.m. at Country Club Center on Watt and El Camino. Classes cost \$2.50 per visit. Morning classes on Tuesday and Thursday begin at 9:30 a.m.

The Country Club facility is an excellent spot to hold classes. The sound system is generally good and doesn't have the annoying habit of overpowering the instructor's voice. Usually, during the 5:45 p.m. class, the room is crammed with a cross section of people including lawyers, housewives, college students and T.V. personalities. Everyone is there for one purpose: to get in shape.

Morrisore claims the reason for the success of Jazzercise lies in the fact that it lets you act like a kid and have an uninhibited good time.

"People are under all sorts of stress during the

day and rarely do they get to act like a child," Morrisore said. "Jazzercise not only lets you express yourself physically but lets you act like a kid and have a good time."

"This doesn't mean that it's not a sound workout, though," said Morrisore, a Jazzercise leader for two years. "People stick with Jazzercise not only for its body work-out but also for its emotional work-out. Your mind goes on a 55-minute vacation and your body works overtime."

Ever since "Flashdance" scorched the summer movie screens, dancing is becoming an ever-growing form of fitness. The Barbara Briggs Studio located at 2776 21st — near Sacramento City College — is guaranteed to give you a tremendous work-out while giving you a chance to learn some sure-fire dance routines.

Briggs' is a highly professional dance school. aerobic classes stress more of the entertaining aspects of dance, Briggs is more concerned with technique.

Classes cost \$5.50 per session. For a complete listing of jazz, tap and ballet class hours call 455-1800.

Anyone who has seen *A Chorus Line* with its spartan set of mirrors will have a good idea of the Briggs' atmosphere. Mirrored walls face you so you can watch your movements carefully. The only inconvenience is the studio's location near Sacramento City College — quite a distance for CSUS students.

Ron Cisneros, choreographer for Sacramento's Music Circus, is one of the instructors at Briggs' studio. He has worked as a choreographer for



Jazzercise is one of many forms of exercise involving dance movements.

Walt Disney productions and has been teaching dance since the age of sixteen.

"These classes are based for anyone interested in dance. You can be here for teaching, for improving your dance techniques, and just for fun. You get out of it what you put into it," says Cisneros.

First it was Beaver Now it's ... Bowling?

by Erik Olson

Products can be repackaged, called "New and Improved" and the public will still buy what may essentially be the same product.

Try that with bowling and the public will still know what's inside — a 16-pound ball and 10 pins.

It's a difficult sport to package for people who have not considered stepping inside a bowling alley before. Especially the young and the trendy.

But if there's a hook, people might forsake the stigma of bowling and send it back into acceptability.

Twenty-four hour bowling and "rock-a-bowling" may provide the impetus to get the college-aged back onto the lanes.

Bowling at 3 a.m. is just strange enough that it's attracting a small but growing group of people for a bit of fun and absurdity.

Two area bowling alleys are open 24 hours to serve the needs of those people who need an early morning bowling fix.

Country Club Lanes (2600 Watt Ave.) and South Bowl (5005 Stockton Blvd.) offer discount rates after midnight and cater to the after-hours crowd.

With Sacramento's after 11 nightlife limited to Jack in the Box and the Kaiser Emergency Ward, midnight bowling fills a void that has existed in Sacramento since the Solons left town.

For 70¢ a game (plus 75¢ for shoe rental) the budding socialite buys exercise, companionship and association with *Retro-Americana*.

Retro-Americana is the idolization and emulation of the culture and dress of the past with the '50s and '60s being the focus of the recent trend. Rock-a-billy, "Leave It To Beaver," and Go-Go's and pilgrimages to Graceland are examples of this infatuation with the past.

But instead of being pleased with flipping on "Beaver" once a day, the true Retro-American bowls a few rounds a week in order to keep up with alley life.

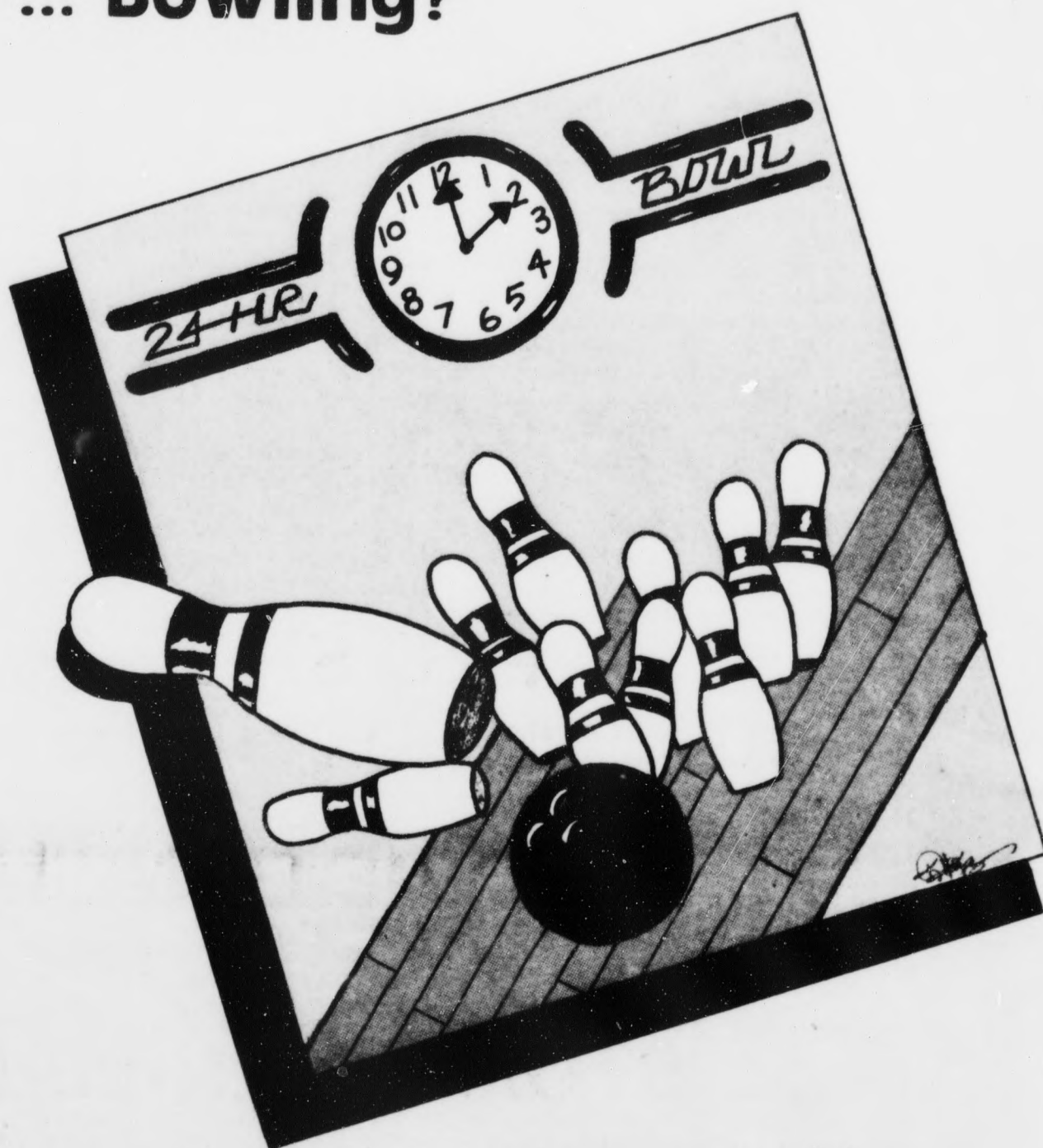
Midnight bowling is the perfect stage for some regression to past decades. There exists a world of no bowling leagues, nailing the pin sweep, launching a ball 10 feet in the air before it hits the pins, bowling with two hands and the same wonderful '50s decor that still marks most bowling alleys.

Robert Robards of Country Club Lanes notes that there has been an increase in the number of 18-24-year-old bowlers hitting the lanes after midnight. South Bowl reports

a similar increase over the past few years.

These numbers are sure to increase as soon as the youth market becomes aware of the potential of this late night activity that comes without a cover charge.

On the edge of San Francisco's Haight-Ashbury district lies what may be a new trend in bowling — the "Rock n Bowl" (or as it is known during its more staid hours — Park Bowl).



Those crazy Retro-Americans have latched on to a striking "new" pastime.

This bowling alley, located on Haight street off Stanyan, offers rock videos on an overhead screen and bowling for a \$6 cover charge from 10 a.m. to 3 a.m. Friday, Saturday and Sunday nights.

A 9-by-12 foot video screen, massive speakers and a video DJ supplement the more standard adornments of the alley which would pass for a more traditional establishment otherwise.

The sight and sound of Michael Jackson performing should further convince the newcomer that something different is going

on.

Should doubt remain, the wide variety of patrons at the Rock 'n Bowl will tip the newcomer off to the uniqueness of the alley on weekend nights.

The range of patrons goes from New Wave to standard, black to white, gay to straight; a definite contrast to most neighborhood bowling alleys.

This variety is the attraction of the Rock 'n Bowl; anyone can feel comfortable in this laidback atmosphere and there's no pressure to maintain a three-figure average.

COUNTRY CLUB LANES



24 HOUR BOWLING

We're open 24 hours, 7 days a week. We've got open bowling for the public all day Saturday, Saturday night and Sunday until 5 p.m.

PRO SHOP



Do you have a friend who likes to bowl? We've got all the equipment necessary to please the most discriminating bowler at Christmas



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For ladies we have free aerobic dance classes every Friday at 2 p.m. Call for more information.

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ASI Dictionary



Associated Students, Inc. ('hyuj-"huge")

1. Largest student organization at CSUS
2. 22,000 students strong.



ASI Business Office (\$\$\$)

1. Movie Discounts
 2. Typing Service
 3. Check cashing and money orders.
 4. An endless list of services.
- Call 454-6276



ASI Government (active student voice)

1. Student rights
 2. Elected student representatives
 3. Campus and state-wide issues
 4. Your choice to make decisions that affect your campus.
- Call 454-6784



ASI Legal Aid (FREE!)

1. Consumer complaints
 2. Criminal defense
 3. Much more
- Call 454-6784



Children's Center (future CSUS students)

1. Emergency childcare
 2. Infant and pre-school child care
- Call 454-6216



Women's Resource Center (women educating women)

1. Library of books and periodicals on women
 2. Peer counseling and support groups
 3. Feminist workshops
 4. Community service referral catalog
 5. Women "Focus" newsletter
- Call 454-7388



Community Gardens (Grow your own... FOOD)

1. Garden plot rentals
 2. Hoses, tools and water provided
- Call 454-7301



Intramurals (Be a sport!)

1. Every sport from A to Z for Free!
- Call 454-6595



Off-campus Housing (Home sweet home)

1. Roommate listings
 2. Apartment and house listings
- Call 454-6787



Recycling Center (Book, Binder, and notes disposal)

1. Newspaper Bin
 2. Glass recycling
 3. Aluminum recycling
- Call 454-7301



Publication Services (Best bet typeset)

1. Typesetting and layout of resumes, brochures, programs, posters, flyers, business cards
- Call 454-7248



Mountain Wolf Sports (fun)

1. Sportswear
 2. Exciting trips
 3. Bike repairs
 4. For a good time call
- Call 454-6321



Aquatic Center (more fun)

1. Boating classes...sailing...windsurfing...kayaking
 2. Rentals
 3. Volleyball, beach, BBQ areas
- Call 985-7239

COMING SOON!!

A.S.I. ELECTIONS



NOV. 30 - DEC. 1 - DEC. 2

- North Dining Room
- Library Breezeway
- First Floor Student Union
- First Floor Student Service Center